

AUSTRALIA

diabetic LIVING[®]

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Feel-GOOD RECIPES

✓ EASY
DINNERS

✓ COOL
DESSERTS

✓ NO-COOK
MEALS

ROBYN'S STORY

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saved me"* p112

WHAT'S THE
UPSIDE TO
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FREE?**

(HINT: A LOT!) p90

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CHICKEN
SALAD
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*Walk
it off*

YOUR COUCH
TO 5K PLAN
p114

FIND YOUR WAY

OVERCOME HURDLES • SET GOALS • FIND YOUR DIABETES COMMUNITY

Need to lose weight?

Formulite could be just what the doctor ordered.



When people with diabetes need to lose weight, more and more doctors and dietitians are providing the same advice: take Formulite. High in protein but low in sugar, it's ideal for maintaining blood glucose levels during weight loss. And with flavours like coffee, vanilla and choc hazelnut, losing weight has never tasted so good. Explore the full range online, and remember to always consult your doctor or dietitian before taking any weight loss products.

To order your trial pack, visit formulite.com.au



FORMULITE

ALSO ON THE COVER

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SPECIAL OFFER

Turn to page 128 and subscribe to *Diabetic Living*. You'll receive six issues for just \$35.

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OUR EXPERTS

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Dr Ramy Bishay

Endocrinologist & bariatric physician

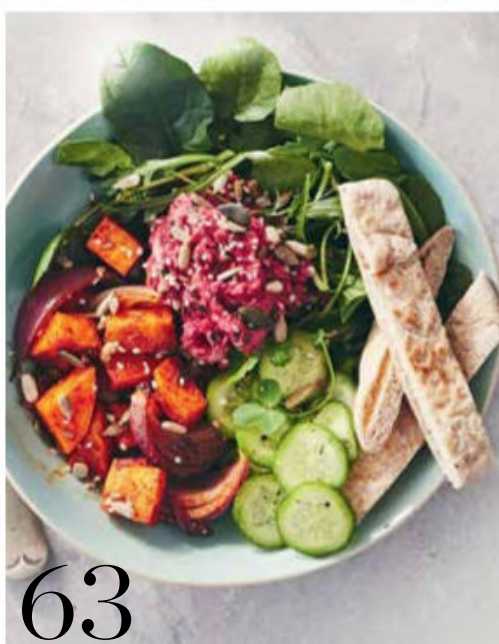
Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.

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Here's to sunny days!

I love this time of year. The craziness of Christmas is over and I can relax into summer days that stretch into warm evenings. During this time I love

cooking good food – and this issue has plenty of that for you. We've got a celebration barbecue menu on page 48, practically effortless no-cook meals on page 56, and a full 7 day summer diet plan to kick start a healthy 2021 starting on page 24. And if you're craving a cool treat, check out our icy inspirations on page 64.

If weight loss is one of your health goals this year, turn to page 82 for our dietitian-approved guide to online resources and programs. We know that a helping hand, expert advice and a supportive group can make all the difference when it comes to making a lifestyle change, so make sure you take a look at this feature to find a program that's right for you. And if you'd like to take a closer look at the care and management of your diabetes, I can recommend our 'Charting Your Course' feature on page 96. We take a look at four different aspects and look at how you can set and achieve goals that will really make a difference.

If you'd like to set yourself a fitness challenge this year, take a look at our couch-to-5k program (page 114). No matter what your current fitness level – and goals – this easy-to-follow guide will get you up and moving. Use it to work towards an event or to increase activity levels after a year that did its best to derail us all!

We love hearing from you, so please let us know what you think of the magazine and what you'd like to see more of. This is *your* magazine after all. Have a wonderful summer!

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.



JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help



DIABETES 101

Getting your head around “diabetes lingo”? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two

hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some

activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.



TYPE 1 & TYPE 2...

What's the difference?

Type 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

Type 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

TAKE THIS TO HEART

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■



Losing just 5 per cent of your body weight can have a positive impact.

XXXXXXXXXX

FOOD MYTHS FOR PWD

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

YOUR healthy life

The latest global news on diabetes, fitness, loneliness and eye disease

MORE THAN

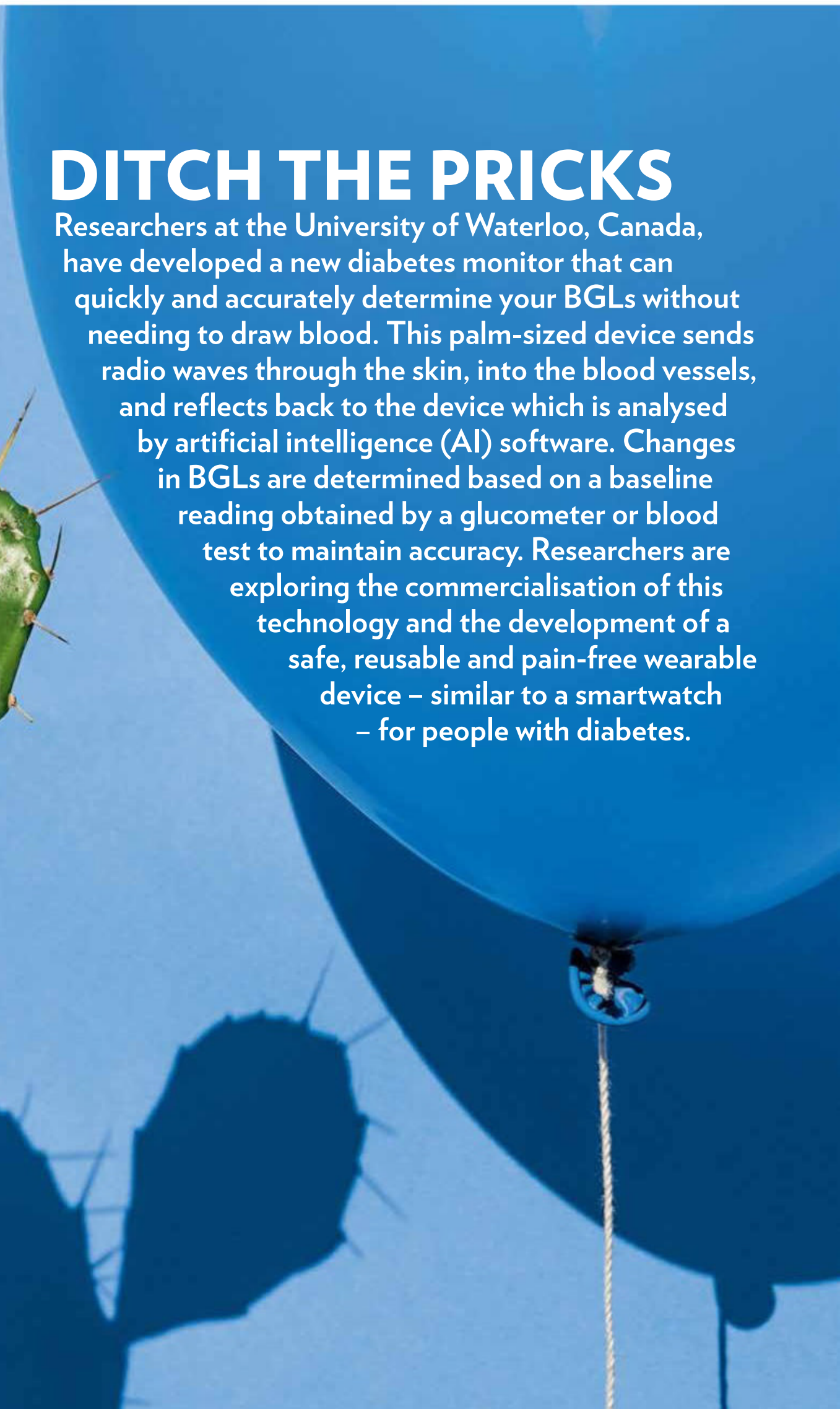
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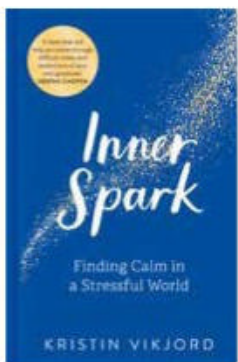
**PEOPLE WITH
DIABETES SAY THEY
FEEL BURNED OUT
BY THE CONSTANT
EFFORT REQUIRED TO
MANAGE DIABETES.**

~ Diabetes Australia
national survey 2020

DITCH THE PRICKS

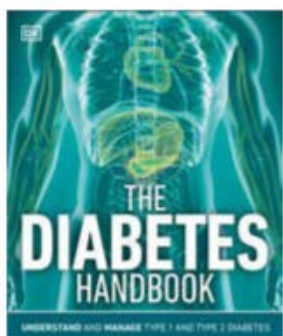
Researchers at the University of Waterloo, Canada, have developed a new diabetes monitor that can quickly and accurately determine your BGLs without needing to draw blood. This palm-sized device sends radio waves through the skin, into the blood vessels, and reflects back to the device which is analysed by artificial intelligence (AI) software. Changes in BGLs are determined based on a baseline reading obtained by a glucometer or blood test to maintain accuracy. Researchers are exploring the commercialisation of this technology and the development of a safe, reusable and pain-free wearable device – similar to a smartwatch – for people with diabetes.





Inner Spark
by Kristin Vikjord
Pan Macmillan
Australia, \$39.99

Today is the day to remind yourself of your own greatness. Clinical psychologist, and yoga and mindfulness facilitator Kristin Vikjord explains how your brain works; and shares a practical toolkit to help you reconnect physically and mentally. No matter how tough life gets or the challenges in your way, *Inner Spark* is here to remind you that you can succeed.



The Diabetes Handbook
by DK
Penguin, \$24.99

Packed full of easy-to-understand explanations and step-by-step illustrated diagrams, *The Diabetes Handbook* has everything you need to know to understand and help manage your health, diet, physical activity and treatment for both type 1 and type 2. Making successful and healthy lifestyle choices starts with understanding your diagnosis.

ARE YOU EATING YOURSELF BLIND?

The Australian Society of Ophthalmologists (ASO) is urging people to drastically reduce their sugar intake.

Today, nearly one in 10 Australians are impacted by diabetes, and the ASO is on a mission to remind you that not only is diabetes treatable and preventable, but so is blindness due to diabetes. As research from the Macular Disease Foundation indicates that diabetes-related eye disease (diabetic retinopathy) "is the leading cause of preventable blindness in working age people in Australia", the ASO is urging people to take preventative action.

Through reducing your sugar intake and consumption of highly processed foods, you can better control your blood pressure, lower your risk of type 2, and dramatically reduce your risk of diabetes-related blindness or slow the progression of established diabetic retinopathy.



"[A] SUGAR-LADEN DIET IS RESPONSIBLE FOR MORE DISEASE AND DEATH THAN INACTIVITY, ALCOHOL AND SMOKING COMBINED."

~ ASO spokesperson
Dr James Muecke.



Q&A ASK ELISSA

My 25 year old daughter has recently been diagnosed with type 1. She doesn't live at home anymore, how can I support her without being overbearing?

Elissa says: My daughter Sunita was diagnosed at 22 and I also wanted to be there as much I could to support her. She was living quite independently at the time, so I also didn't want to be overbearing. However, I was always there for her whenever she called or messaged with a question or concern. Setting her up with a good Endocrinologist and Diabetes Educator will help support and ease the transition, your daughter may also like you to attend these appointments with her which will help support her daily control.

I would also recommend getting her to start logging her readings, testing times, carbohydrate intake and exercise in a log book, this really helped Sunny understand how certain food and exercise affected her blood glucose levels and overtime gave her the confidence to adjust her insulin dose for the food she was eating. There are plenty of resources available that can help you both, such as Diabetes Australia or JDRF.

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com

your healthy life

Water Works

Do you find it too hot to work out? Well, it's a good thing swimming pools exist. Whether you visit an indoor swimming pool, or slip, slop, slap for an outdoor swim, water-based exercise is an effective way to beat the heat and get active. If you're not a swimmer, simply walking in water is enough to give your heart and lungs more of a workout than what they get walking on land!

Working out in water allows the weight of your body to be supported, which in turn allows you to perform exercises that cause pain in joints or are a struggle due to low fitness levels or muscle weakness. From walking laps in water to water-aerobics, water-based exercise increases fitness levels, may help lower blood pressure, maintains muscle mass and strength and directly improves BGL management.



DON'T WAIT, OR IT MIGHT BE TOO LATE!

Before COVID, the John Hunter Children's Hospital Emergency Department in NSW reported that they would see on average 6550 children and adolescents each month. Today, they see on average 4799 per month. This drastic drop in numbers is worrying. Not only are children at risk of not being diagnosed with diabetes (which increases the chance of experiencing diabetic ketoacidosis), but they are also missing important check ups to ensure their health is on the right track.

This isn't just parents of children with diabetes missing appointments, but people of all ages with diabetes are not attending regular appointments – increasing the risk of complications. If you are concerned about the risk of COVID, you can arrange a tele-health appointment (via phone or video chat). Book your appointment today.



ALMOST

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**PER CENT OF AUSTRALIANS
ARE COOKING MORE NOW,
THAN THEY DID PRE-COVID,
INTRODUCING MORE
HEALTHY HOMEMADE
MEALS TO THEIR HOMES.**

~ YouGov Survey 2020
commissioned by Readly



Healthy meals

Did you see our feature on Meal Delivery services in our September/October 2020 issue (page 82)? Good news! CSIRO has recently partnered with Be Fit Food (befitfood.com.au/lifestyle) to bring you convenient low-carb meals as part of their 'Lifestyle Range'. Specifically designed to provide you with a nutritious ready-made meal for time-poor Aussies following a low carb diet. Each of the eight CSIRO compliant meals – including Lamb Kofta with Middle Eastern Quinoa, and Indian Fish Curry – have passed strict independent tests to ensure they comply with the successful CSIRO Low Carb Diet (see page p106).

ARE YOU LONELY?

A new study published in the journal *Diabetologia*, has determined loneliness – defined by a person's lack of quality relationships – can predict the onset of type 2 diabetes. An analysis of data from the English Longitudinal Study Ageing – data collected from 4112 adults aged 50+ at various points from 2002 to 2017 – found 264 people developed type 2 diabetes during the course of the study. (No one had diabetes at the start of the study.) Of these people who developed type 2, the level of loneliness measured was a significant predictor of the onset of diabetes. The study also found social isolation / living alone does not predict type 2.

This finding suggests the impact of constant loneliness on your body – increases stress levels – over time increases the risk of diabetes. If you're feeling lonely, talk to a psychologist and/or join an online forum to chat to other people with diabetes.



How do I look after my diabetes during the festive season?

Ramy says: Many people will approach Christmas and New Year's with much anticipation; however, for those living with diabetes, many sense a challenging time ahead, with a fear of derailing glucose control, temptations to drop their diet or give up the exercise routine in place of indulgence.

There are some things you can keep in mind to enjoy yourself whilst keeping good control of your diabetes:

- 1 Prioritise reconnecting with loved ones – food is a way of celebrating, not the focus.
- 2 Fill your plate with vegetables, salads and lean proteins first. These foods don't affect your blood glucose levels too much. Then, try extras in moderation.
- 3 Make conversation over food; it'll force you to eat slowly and helps to prevent over-eating.
- 4 Avoid excessive dessert or alcohol.
- 5 Stay hydrated (water) to help bring blood glucose levels down and to assist digestion.
- 6 If you're taking insulin before meals, bring your insulin pen or needle with you.
- 7 Ensure you make a plan with your GP or endocrinologist that you can follow if your BGLs run high or low.

Dr Ramy Bishay, endocrinologist & bariatric physician



Q&A ASK DR MARSH

I've seen lots of sugar-free foods in the supermarket, such as biscuits, chocolate and ice-cream. Are these suitable to eat if I have diabetes?

Kate says: I agree there are an increasing number of these foods appearing on the supermarket shelves, usually advertised to be a healthier choice. At first glance they may seem to be a good choice for people with diabetes, but a closer look suggests otherwise.

The sugar content of a food is just one aspect and is not the only thing, or even the most important thing, for people with diabetes to consider. In fact, the amount of saturated and trans fats, the fibre content, the total amount of carbs and the glycaemic index of a food are better guides for whether a food is a healthy choice and how it will impact blood glucose levels. Unfortunately, many of these sugar-free foods are high in saturated fat, low in fibre and nutrient poor and some are still high in refined carbohydrate, so they may not be much better than their sugar-containing counterparts. If you do choose them, they are best included as special occasion foods rather than everyday choices.

The other consideration is that many of these don't taste that great so you may prefer to have a smaller amount of the real thing!

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator



COULD THIS BE THE ANSWER?

More than 500 Finnish children (aged 6-9) and their caregivers participated in the Physical Activity and Nutrition in Children (PANIC) study; which found individualised, family-based physical activity and dietary counselling considerably slows down the development of insulin resistance (a precursor of type 2). During the two-year follow-up, researchers found the increase of insulin resistance was about 35 per cent lower in the group who followed an individualised plan, compared to the children and caregivers who received zero counselling.

Researchers believe the counselling encouraged physical activity, healthier eating and reduced sedentary behaviour, and this should be a priority for all children, no matter their weight or size. Findings are published in *Diabetologia*.

Fitness facilities are key to a healthier life

After the closure of gyms and fitness facilities across Australia during the height of the COVID-19 pandemic, it became clear just how vital a role these facilities play in the ongoing health of individuals. Not only is it important to stay active – which keeps you fit and healthy, and improves your immune system – but these facilities are essential for community mental health and providing a safe space to work out. Research by Fitness Australia found just how eager people were to return to their local facility with more than 7.31 million check-ins across 546 gyms in NSW alone in the first 8 weeks of reopening in June 2020.



During this same period, there were zero cases of reported community transmission of COVID in a gym.

If you are contemplating your return to a gym or fitness facility, but are unsure of their COVID guidelines, share your concerns with them and check it out yourself; but getting back into exercising will help both your physical and mental health. Trust us on that one! ■

WORDS ELLIE GRIFFITHS; ADDITIONAL PHOTOGRAPHY CSIRO, GETTY IMAGES

Lose weight & boost your energy!

Plus, help your immune system, bones and muscles...

Good nutrition makes a huge difference in controlling your diabetes. It influences how you feel. It helps with your weight, blood sugar levels, cholesterol and blood pressure levels. Plus healthy eating boosts your energy and immune system and improves your wellbeing. Good nutrition helps minimise chances of experiencing diabetes complications.

So an Australia dietician developed low GI BodyCare Nutrition Revitalise. It's a delicious, very low calorie multivitamin health shake. Revitalise contains protein, essential amino acids and prebiotic fibre. It also has a low glycemic load.

Weight loss and weight management made easy Carrying excess weight can change the way your body reacts to Insulin. At only 140 calories per serve, Revitalise makes it easy for you to better manage your weight and lose weight. Revitalise's healthier carbohydrates break down slower. This results in suppressing hunger and reducing cravings. This also reduces insulin load and insulin resistance.

Reduces Insulin levels The combination of Low GI and healthy levels of protein and fibre means Revitalise stops you from snacking. Plus, the soluble fibre in Revitalise reduces carbohydrate absorption, which in turn reduces blood glucose and insulin levels.

Revitalise helps stop unwanted weight gain. It can even help you to lose weight and keep it off, when part of a healthy eating diet and exercise. Because Revitalise is **not a meal replacement** it's perfect to drink as a snack or with a light meal like a green salad or a banana.

Lowers high blood pressure and cholesterol Revitalise reduces blood pressure and bad cholesterol when part of low salt and low saturated fatty acids diets.



Better managing your weight leads to better Insulin control

Here are some other ways Revitalise can help you...

Boosts your energy Revitalise gives you sustained energy all day long. It is enriched with vitamins B1, B2 and B3. These contribute to normal energy metabolism. Plus Folate and Vitamins B2 and B3 assists in reducing tiredness and fatigue.

Strengthens your Immune system A strong immune system helps you fight sickness. Revitalise's prebiotic fibre feeds the good bacteria in your gut, strengthening your immune system. Revitalise contains Vitamins A and C, Folic Acid, Iron and Zinc for your immune system. Visit immunestrength.com.au for more information.

Muscle function and performance Good nutrition is vital in falls prevention, as weakness can result from a loss of muscle mass and strength. Revitalise's protein helps the growth and maintenance of your muscles. Calcium and magnesium are necessary for normal muscle function.

Bone health Calcium and Vitamin D enhance bone mineral density. Protein assists with the maintenance of normal bones.

Revitalise is available in delicious vanilla, chocolate and coffee flavours. At only RRP \$32.95, Revitalise gives you 14 serves (2 weeks). See below for stockists or ask your local chemist to get Revitalise in for you. For more details on stockists visit our website.

Free delivery for online orders

Can't get to the chemist? Revitalise is available online from bodycarenutrition.com.au. Insert Coupon Code **goodhealth2021** into the shopping cart for **free delivery**. Offer expires 31/1/21.



Made in Australia

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- Austral, West Hoxton Pharmacy
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- Birrong, Birrong Pharmacy, Auburn Rd
- Blacktown, McGills Pharmasave Pharmacy
- Bondi Junction, Terry White Chemmart, (Westfield)
- Budgewoi, Discount Drug Store

- Bundanoon, Bundanoon Pharmacy
- Campbelltown, Priceline Pharmacy, Macarthur Square S/C
- Campbelltown, Seftons Pharmacy
- Campsie, Bassams Pharmacy
- Campsie, Georges Pharmacy
- Cecil Hills, Penna's Pharmacy
- Cessnock, The Chemist, Vincent St
- Chipping Norton, Little Tree Pharmacy
- Condell Park, Discount Drug Store
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- Drummoyne, Destros Pharmacy
- Dubbo (East), Orana Mall Pharmacy, Orana Mall
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- Figtree, Figtree Plaza Chemist
- Forbes, Flannery's Pharmacy
- Forbes, Life Pharmacy, Bernardi's Market Place
- Glendale, Chemistworks, Stockland Super Centre
- Glendenning, Medicines R Us Chemist
- Glenmore Park, Mediadvise, Town Centre
- Goulburn, Priceline, Centro
- Greenacre, Your Discount Chemist
- Green Valley, Penna's Pharmacy
- Gregory Hills, Medicines R Us Chemist
- Hammondville, Hammondville Discount Pharmacy
- Hassall Grove, Medicines R Us Chemist
- Kingsford, Pharmacy@UNSW
- Lethbridge Park, HealthSAVE Lethbridge Park Pharmacy
- Leumeah, Leumeah Pharmacy
- Liverpool, Priceline Pharmacy, Westfield
- Liverpool, Penna's Pharmacy
- Maitland (East), Your Discount Chemist

- Manly Vale, Pharmacist Advice
- Marsden Park, Medicines R Us Chemist
- Miller, Pharmasave Miller Discount Pharmacy
- Mittagong, Capital Chemist
- Mount Druitt, Mount Druitt Pharmacy
- Mullumbimby, Mullum Chemsave Pharmacy
- Murrumbateman, Murrumbateman Pharmacy
- Narrabeen, Narrabeen Pharmacy
- Oran Park, Priceline Pharmacy, Oran Park S/C
- Orange, McCarthy's Pharmacy, Lords Pl
- Padstow, Smiths MediAdvice Pharmacy
- Panania, Panania Pharmacy
- Parramatta, Priceline, Westfield
- Penrith, Penrith 24 Hour Pharmacy (438 High St)
- Penrith (South), High St
- Penrith (South), Priceline, Southlands
- Port Macquarie, Hearles Pharmacy
- Port Macquarie, Your Discount Chemist
- Prestons, Penna's Pharmacy
- Prospect, Myrtle Street Pharmacy
- Quakers Hill, Quakers Hill Discount Chemist
- Queanbeyan, Blooms The Chemist
- Ramsgate Beach, Eddies Pharmacy
- Rouse Hill, Amcal Plus, Rouse Hill Town Ctr
- Ryde (West), PharmaSave, Victoria Rd
- Seven Hills, Better Health Pharmacy, Shop 70, Seven Hills Plaza
- Seven Hills, Priceline, Shop 48, Seven Hills Plaza
- Shortland, My Community Pharmacy
- St Clair, Priceline, St Clair S/C
- St Ives, O'Loughlin's Medical Pharmacy
- St Marys, Easy Script, Queen St
- Tamworth, Blooms, Peel St
- Tamworth, The Centre Pharmacy, Northgate S/C
- Taree, Your Discount Chemist

- Thornleigh, Discount Drug Store
- Toukley, Hopes Pharmacy
- Ulladulla, Beachside Capital Chemist
- Urunga, The Urunga Pharmacy
- Wattle Grove, Wattle Grove Village Discount Pharmacy
- Wetherill Park, Chemistworks, Stockland
- Windang, Windang Pharmacy & Compounding
- Wyee, Wyee Centre Pharmacy
- Yass, My Pharmacy, Laidlaw St

ACT

- Conder, Lanyon Pharmacy, Lanyon Market Place
- Gungahlin, Priceline Marketplace
- Kaleen, Caremore Pharmacy, Kaleen Plaza
- Wanniasa, Erindale Pharmacy, Erindale S/C
- Weston, Coleman Court Pharmacy

Victoria

- Ballarat, Crawford's Pharmacy
- Bayswater, Direct Chemist Outlet
- Brandon Park, NOVA Pharmacy, Brandon Park S/C
- Broadmeadows, Greater Discount Chemist
- Broadmeadows, Hume City Pharmacy
- Carrum Downs, NOVA Pharmacy
- Clayton, Vicky Mellissas Pharmacy
- Coburg (North), Direct Chemist Outlet
- Deer Park, Deer Park Pharmacy, Ballarat Rd
- Diamond Creek, Diamond Creek Pharmacy
- Dingley, NOVA Pharmacy
- Frankston, 89 Young Street
- Frankston, NOVA Pharmacy
- Frankston, Pharmacy Neo Towerhill
- Greensborough, Tom Lane Pharmacy
- Hampton Park, NOVA Pharmacy
- Langwarrin, Direct Chemist Outlet, Gateway Shopping Village
- Malvern, Pharmacy Neo, Malvern Central
- Mooroolbark, Mooroolbark Village Pharmacy

- Mulgrave, Terry White Chemmart
- Valewood Pharmacy
- Noble Park, Discount Chemist
- Noble Park, PharmaSave
- Noble Park Pharmacy
- Northcote, Discount Chemist
- Northcote, Soul Pattinson Pharmacy
- Paynesville, Paynesville Pharmacy
- Plenty, Eco+Life Pharmacy
- Port Fairy, Pharmacy Neo Port Fairy
- Rosebud, Direct Chemist Outlet
- Thornbury, Steve Kolliou CareMore Pharmacy
- Waverley Gardens, NOVA Pharmacy, Waverley Gardens S/C
- Yackandandah, Yackandandah Pharmacy

South Australia

- Port Lincoln, Priceline, Porter St

Western Australia

- Exmouth, Exmouth Pharmacy
- Landsdale, Landsdale Compounding Pharmacy
- Mandurah, Mandurah Central Pharmacy
- Ocean Reef, Ocean Reef Pharmacy
- Stratton Park, Stratton Park Pharmacy
- Success, Cockburn Super Clinic Pharmacy



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www.bodycarenutrition.com.au

BodyCare Nutrition's Revitalise is a formulated supplementary food, which can be of assistance when dietary intakes of energy and nutrients are inadequate. © Copyright 2020.



Lachie with
his Elf on
the Shelf

Once a year, Santa visits the children of the world and checks in on his cheeky elves; but this year his elves living with diabetes got a little something special. Fifteen-year-old Lachlan Di Pasquale has taken on a mission as “Santa’s Little Diabetic” by designing pumps and CGMs for the Christmas favourite, Elf on the Shelf. “My mum had previously shown me pumps that were available for dolls, but they were quite generic,” he says. “I thought it would be cool for kids to have realistic pumps/CGMs for their toys that are just like their own.”

Using a 3D-printer to make them, Lachie has created two sizes for people to purchase. “The first is what I like to call ‘Elf’ size,” he explains. “Meaning they are sized accurately to the Elf on the Shelf but can be used on any toy/doll with similar sizing. The second size is what I call ‘Rufus’ size, meaning they were originally intended for the teddy [Rufus the Bear with Diabetes by JDRF] that the hospitals give out to recently diagnosed kids.”

Lachie was diagnosed with type 1 on 7 November 2018 after he explained to his mum that he was extremely thirsty and couldn’t stop drinking water. “Mum was worried

SANTA’S LITTLE DIABETIC

Lachlan Di Pasquale, type 1, is helping children embrace their insulin pumps with the help of a 3D printer



It makes me really happy that these pumps/CGMs are making such a positive difference for many children.

as she knew it was one of the main signs of diabetes, so we decided to book an appointment. She assured me that she didn't think it was going to be diabetes [as there's no previous family history] but we had to go to the doctor's and get a finger prick – which made me nervous.”

Sure enough, off to the hospital they went, where they learnt his BGL was over 30mmol/L, ketones were 0.9; and Lachie was officially diagnosed. “I was very lucky my Mum knew the symptoms [a family friend's niece had been diagnosed with diabetes just a few months prior] and got checked as soon as I started showing symptoms.”

“During my time in hospital we met an amazing pediatrician who suggested I leave the hospital with a loan pump,” says Lachie. “I was unsure about it, but I went to a friend's house who also has type 1 and uses a pump. He helped me make the decision, so I left the hospital a few days later with a new pump and CGM.”

Today, Lachie uses a t:slim pump and Dexcom G5 CGM. “Having a pump has given me more freedom to eat like I used to, pre-diabetes, and the CGM has been extremely helpful in keeping track of my levels and not having to worry as much – and not doing as many finger pricks!”

Being in Geelong, Lachie was connected to the Type 1 Foundation (T1F). “They were an excellent source of support and offered many things, such as a pack of goodies and helpful items when I was diagnosed,” he says. In return, through selling his 3D-printed pumps and CGMs, Lachie is donating half of the profits from each item sold to T1F.

At the time of writing, Lachie has fulfilled over 200 orders and raised about \$800 for T1F.

Not only is he selling these products through his Facebook page ([facebook.com/SantasLittleDiabetic](https://www.facebook.com/SantasLittleDiabetic)), with the help of his diabetes educator Lachie donated some to his local hospital so children can add one to their own teddy/doll when they are first diagnosed.

“I have had a lot of parents contact me and tell me what a difference this will make in their kid's life,” he says. “Some tell me that their kids haven't wanted to use their pump/CGM and seeing a teddy with one has really helped, or their kid is about to start on a new pump/CGM and the parents believe that this will be a good way to help introduce that.”

“I am so grateful for the opportunity to create and sell these products,” he continues. “And I hope to continue to do so past Christmas and into 2021.” ■



diabetes hero



Dexcom G5 CGM on Lachie and his Elf



Lachie's t:slim next to his 3D versions

5 DAYS 5 DINNERS

Enjoy these new ideas for easy
weeknight dinners for two

How our
food works
for you
see page 75

Fish & creamed corn
Recipe, page 18





Barley & broad
bean risotto
Recipe, page 18

MONDAY

FISH & CREAMED CORN

PREP 10 MINS **COOK** 20 MINS

SERVES 2 (AS A MAIN)

2 (120g each) blue eye cod fillets
or firm white fish fillets
1 Tbsp olive oil
2 Tbsp Masterfoods Smokey
Jamaican Barbecue Style
Marinade
Freshly ground black pepper
½ bunch green shallots
300g can corn kernels, drained
2 Tbsp Carnation Lite Cooking
Cream
20g parmesan, finely grated
½ small red chilli, deseeded, finely
chopped
½ small bunch coriander, ½ finely
chopped and half leaves
roughly chopped
Lime wedges, to serve
1 bunch broccolini, steamed
to serve
1 large carrot, sliced & steamed
to serve

*Filled with omega-3 fatty acids and
vitamins (such as B2 and D) a dish
of fish is the healthy way to go!*

1 Preheat oven to 180°C (fan-
forced). Line a baking tray with
baking paper. Place the fish on
the lined tray. Rub the fish with
half the oil and half the marinade.
Season with pepper. Cook for 12-15
minutes or until cooked through
and flakes when tested with a fork.

2 Meanwhile, heat a chargrill or
non-stick frying pan over high
heat. Rub the remaining oil
over the whole shallots. Add
to the chargrill and cook for
8-10 minutes or until charred
and beginning to soften. Transfer
to a plate, cover loosely with foil
to keep warm.

3 Put corn and cream in a saucepan
and cook, stirring, over low heat
until warmed through. Using a stick
blender, roughly blitz the corn to
a semi-smooth consistency. Stir in
parmesan, chilli and finely chopped
coriander. Season with pepper.

4 Serve fish with charred shallots,
creamed corn and lime wedges for
squeezing over. Scatter over the
roughly chopped coriander. Serve
with broccolini and the carrots.

Nutrition info

PER SERVE 1730kJ, **protein** 31g,
total fat 17g (sat. fat 6g), **carbs** 29g,
fibre 8g, **sodium** 689mg • **Carb**
exchanges 2 • **GI estimate** low

TUESDAY

BARLEY & BROAD BEAN RISOTTO

PREP 25 MINS **COOK** 45 MINS

SERVES 2 (AS A MAIN)

1 Tbsp olive oil
1 small brown onion, finely
chopped
2 large cloves garlic, crushed
150g pearl barley
375ml (1½ cups) salt-reduced
vegetable stock
375ml (1½ cups) water
250g frozen broad beans,
podded, defrosted
Zest of 1 lemon
1 Tbsp finely chopped mint, plus
extra small leaves, to serve
60g reduced-fat ricotta

1 Tbsp finely chopped basil
3 Tbsp finely shredded parmesan
Freshly ground black pepper

1 Heat the oil in a large saucepan
over medium heat. Add the onion
and cook, stirring occasionally, for
8-10 minutes or until the onion is
very soft. Add the garlic and cook,
stirring, for 1 minute.

2 Add the pearl barley and 600ml
of combined stock and water. Bring
to the boil over high heat. Reduce
heat to medium-low and simmer,
stirring often, for 35 minutes, or until
nearly all the liquid has been
absorbed and pearl barley is tender.
Add remaining liquid, a little at a

time, to loosen if it looks too thick.

3 Roughly chop half of the podded
broad beans (or pulse a few times in
a food processor), keeping the rest
whole. Stir all the broad beans into
the risotto along with the lemon
zest, mint, ricotta, basil
and 2 Tbsp of the parmesan (with
a splash more stock or water if it
looks dry). Season with pepper.

4 Serve in bowls with extra mint and
remaining parmesan sprinkled over.

Nutrition info

PER SERVE 2240kJ, **protein** 23g,
total fat 17g (sat. fat 5g), **carbs** 63g,
fibre 19g, **sodium** 737mg • **Carb**
exchanges 4 • **GI estimate** low

GF

LC

WEDNESDAY

STEAK, ROCKET AND BEAN SALAD

PREP 10 MINS **COOK** 5 MINS

SERVES 2 (AS A MAIN)

Small bunch flat-leaf parsley

½ bunch basil

1 small clove garlic

1 Tbsp olive oil, plus extra

1 tsp to drizzle

2 Tbsp water

1 Tbsp red wine vinegar

Freshly ground black pepper

250g (about 2cm thick) lean rump steak, trimmed of fat

420g can no-added-salt borlotti beans, drained and rinsed

50g rocket leaves

80g cherry tomatoes, halved

25g parmesan, shaved

1 Put the parsley, basil, garlic, 1 Tbsp olive oil and water in the bowl of a small food processor. Process until the herbs are finely chopped. Transfer to a bowl and stir in the vinegar. Season with pepper.

2 Season the steak with pepper. Preheat a chargrill or non-stick frying pan over a high heat. Drizzle steak with the extra oil. Add to chargrill and cook for 2 minutes on each side, for medium, or until cooked to your liking. Transfer steak to a plate, cover loosely with foil and set aside for 5 minutes to rest.

3 Toss the beans, rocket and cherry tomatoes in the herb mixture. Slice the steak into strips. Divide the salad between two plates. Top with the steak and scatter over the Parmesan shavings.

Nutrition info

PER SERVE 1880kJ, **protein** 47g, **total fat** 19g (sat. fat 5g), **carbs** 21g, **fibre** 9g, **sodium** 313mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**



GF

THURSDAY

BLISTERED SWEET POTATOES WITH HERBY TUNA

PREP 25 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

2 x 250g orange sweet potatoes
2 tsp olive oil
125g can tuna slices in olive oil, drained
1 Tbsp store-bought pesto or gluten-free pesto
2 Tbsp Greek-style fat-free natural yoghurt
1 lemon, juiced and ½ zested

½ small bunch flat-leaf parsley, finely chopped
½ small bunch dill, finely chopped, plus extra sprigs to serve
1 large drained roasted red pepper, finely sliced
¼ Lebanese cucumber, deseeded and cubed
40g feta, crumbled
Freshly ground black pepper
2 cups rocket and spinach mix, to serve (optional)

1 Preheat the grill on high. Prick the potatoes all over with a fork. Microwave on high/100% for 10 minutes. Rub with the olive oil. Transfer to a baking tray and grill for 5 minutes or until the skin is crisp and blistered.

2 Tip the tuna into a bowl. Add the pesto, yoghurt, lemon zest, most of the herbs and the roasted pepper. Stir well to combine. Gently stir in the cucumber, remaining herbs, feta and lemon juice. Season with pepper.

3 Split the sweet potatoes open and fill with the tuna mixture, top with extra dill sprigs and serve with rocket and spinach mix, if you like.

Nutrition info

PER SERVE 2130kJ, **protein** 29g, **total fat** 21g (sat. fat 5g), **carbs** 46g, **fibre** 9g, **sodium** 802mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**



GFO

FRIDAY

AVOCADO, ROASTED BROCCOLI & SESAME RICE SALAD

PREP 15 MINS **COOK** 20 MINS

SERVES 2 (AS A MAIN)

- 350g broccoli, cut into florets
- 1 large red onion, cut into chunky wedges
- 1 Tbsp sesame oil
- 1½ Tbsp salt-reduced or gluten-free soy sauce
- 2 Tbsp rice wine vinegar
- 2 tsp honey
- 250g pouch microwavable brown rice, cooked following pack instructions, cooled slightly
- 1 small avocado, sliced
- ½ small bunch coriander, roughly chopped
- 2 tsp sesame seeds, toasted, to serve
- 1 red chilli, thinly sliced, seeds removed, to serve

1 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Place broccoli, onion and 2 tsp of sesame oil on tray. Toss to combine. Roast for 20 minutes or until broccoli is tender. Set aside to cool slightly.

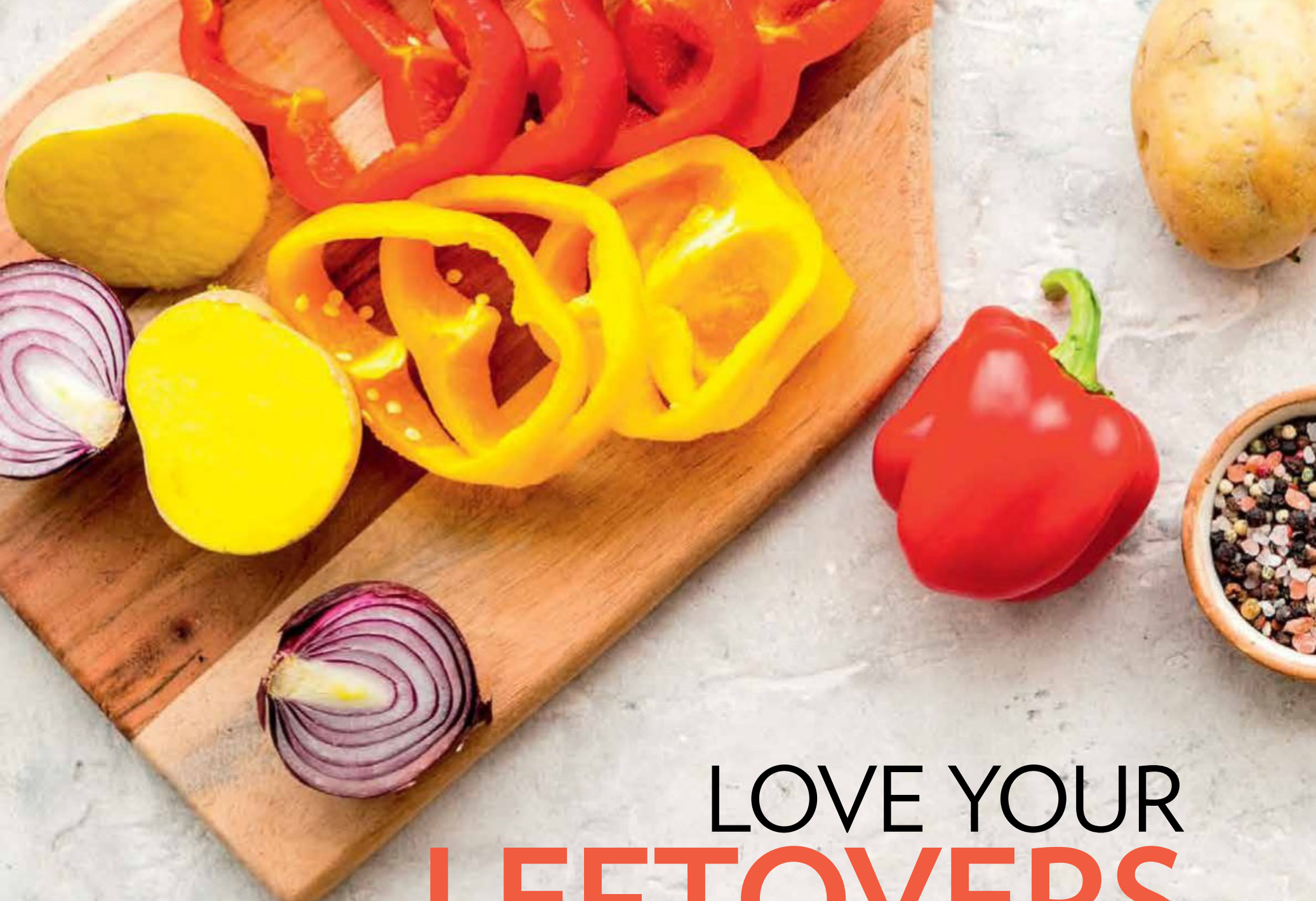
2 Meanwhile, whisk the soy sauce, rice wine vinegar, honey and remaining sesame oil in a small bowl.

3 Toss the broccoli, onion, rice and dressing together in a large bowl. Gently mix in the avocado and coriander. Divide between serving bowls and top with the sesame seeds and chilli.

Nutrition info

PER SERVE 2100kJ, **protein** 18g, **total fat** 21g (sat. fat 3g), **carbs** 53g, **fibre** 16g, **sodium** 626mg
 • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**





LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food?
Take inspiration from these tasty tips

GROCERIES

PEARL BARLEY: Cook following packet instructions to use in salads or great as an alternative to rice to make a pearl barley risotto.

STOCK: Use in sauces and marinades. Alternatively, freeze in ice cube trays and then transfer to an airtight container. Keep for up to 6 months.

COOKING CREAM: Use in sauces, soups or in sweet dishes.

BROAD BEANS: Cook and peel. Throw into salads or try putting on your favourite healthy salad sandwich.

PESTO: Spread a little over a wrap. Top with baby spinach leaves,

sliced chargrilled chicken, sliced tomatoes and grated carrot. Roll up and enjoy!

ROASTED RED PEPPERS: Thinly slice and use on pizza toppings or on a toasted sandwich.

JAMAICAN MARINADE: Use to marinate, prawns, chicken or fish.

FRUIT & VEGETABLES

MINT, BASIL, DILL AND PARSLEY: Use a selection of herbs in salads in place or with a combination of salad leaves. Finely chop the herbs and mix with finely chopped capers, lemon zest and juice and a little olive oil. Season with pepper. Serve over barbecued or grilled seafood, chicken or pork.

TOMATOES: Eat as a healthy snack! Chop up and throw into your pasta sauce, use in salads or on toasted sandwiches.

CUCUMBER: Finely grate and squeeze out extra moisture. Mix with low-fat Greek-style natural yoghurt, half a grated clove garlic, grated lemon zest and a little lemon juice, freshly ground pepper and a pinch of smoked paprika. Serve as a dip with veggie sticks.

CHILLI: Finely chop and use in dressings, sprinkle over pizzas or use in pasta sauces.

GREEN SHALLOTS: Use in recipes in place of regular onions or thinly slice and toss in salads. ■

SHOPPING LIST

GROCERIES

- ☐ 250g pouch microwavable brown rice
- ☐ 500g pkt pearl barley
- ☐ 500ml carton salt-reduced vegetable stock
- ☐ 420g can no-added-salt borlotti beans
- ☐ 125g slices tuna in olive oil
- ☐ 190g jar pesto
- ☐ 160g pkt Masterfoods Smokey Jamaican Barbecue Style Marinade
- ☐ 300g can corn kernels
- ☐ 300ml container Carnation Lite Cooking Cream
- ☐ 330g jar roasted red peppers (in vinegar)

FROZEN

- ☐ 500g pkt frozen broad beans

FRUIT AND VEGETABLES

- ☐ 350g broccoli
- ☐ 1 large red onion
- ☐ 1 small brown onion
- ☐ 2 x 250g orange sweet potatoes
- ☐ 1 large carrot
- ☐ 1 small avocado
- ☐ 1 Lebanese cucumber
- ☐ 1 bunch broccolini
- ☐ 1 bunch green shallots
- ☐ 1 bunch coriander

- ☐ 1 bunch mint
- ☐ 1 bunch basil
- ☐ 1 bunch dill
- ☐ 2 small bunches flat-leaf parsley
- ☐ 50g rocket leaves
- ☐ 1 punnet cherry tomatoes
- ☐ 2 red chillies
- ☐ 2 lemons
- ☐ 1 lime

CHILLED

- ☐ 40g feta
- ☐ 60g reduced-fat ricotta
- ☐ 907g container fat-free Greek-style natural yoghurt

SEAFOOD

- ☐ 2 x 120g blue-eye cod fillets

POULTRY AND MEAT

- ☐ 250g (about 2cm thick) lean rump steak

PANTRY

- ☐ Olive oil
- ☐ Sesame oil
- ☐ Salt-reduced soy sauce
- ☐ Rice wine vinegar
- ☐ Honey
- ☐ Sesame seeds
- ☐ 2 large cloves garlic, 1 small clove
- ☐ Parmesan
- ☐ Black pepper
- ☐ Red wine vinegar

7-DAY SUMMER DIET PLAN

Get your healthy diet on track for the coming year with our delicious, and cost-conscious, week-long plan





Welcome to our Healthy Diet Plan

Our new Healthy Diet Plan is packed with healthy fats, lean protein and low GI carbs, as well as a rainbow of healthy vegetables and fruits, while minimising processed products and added salt. If you follow this plan, you can expect to cut back on added sugar, lose excess weight and increase your energy levels. You'll improve your digestion and support your immune system too. Each day provides more than five serves of vegetables and keeps your intake of total fats, saturated fats, sodium and kilojoules well below the recommended daily limits to support good health and a healthy body weight.

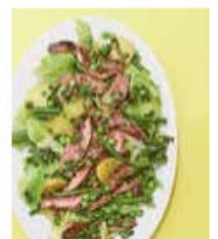
For those who want to lose weight, aim to make exercise part of your regular daily routine and include 1-2 serves of fresh fruit each day as your mid-meal snacks. If you're particularly active or you don't want to lose weight, we have lots of nutritious snack ideas on page 77 that you can include. To get the most from the plan, we recommend avoiding alcohol and sugary drinks.

We need some fat for good health because it helps your body absorb fat-soluble vitamins like A, E and D. We've included healthy fats from avocados, oily fish and unsalted nuts. We have also used olive oil because it is high in healthy monounsaturated fats and contains just 15 per cent saturated fat compared to 53 per cent in butter.

The secret to the success of any approach to healthy eating is preparation and planning, so we recommend using the Saturday before you start to do the shopping.

Let's go!

YOUR 7-DAY SUMMER DIET PLAN FOR 2

	Breakfast	Lunch	Dinner
Sunday	 Mushroom hash with poached eggs	 Pepper & lemon spaghetti with basil & pine nuts	 Steamed trout with mint & dill dressing
Monday	 Peach & orange yoghurt pots with ginger oats	 Bulgur & quinoa lunch bowl with avocado topping	 Swedish meatballs with beetroot & apple salad
Tuesday	 Mushroom hash with poached eggs	 Bulgur & quinoa lunch bowl with beetroot topping	 Smashed chicken with corn slaw
Wednesday	 Peach & orange yoghurt pots with ginger oats	 Zucchini, leek & goat's cheese soup	 Curried chickpea cake with tomato sambal
Thursday	 Banana & cinnamon pancakes with blueberry compote	 Smashed chicken with corn slaw	 Swedish meatballs with beetroot & apple salad
Friday	 Banana & cinnamon pancakes with blueberry compote	 Zucchini, leek & goat's cheese soup	 Cod puttanesca with spinach & spaghetti
Saturday	 Strawberry green goddess smoothie	 Grilled vegies with melting eggplants	 Seared beef salad with capers & mint

Wake-up to a **HEALTHY BREAKFAST**

Start your day right with these
energy-boosting recipes

How our
food works
for you
see page 75



Banana & cinnamon
pancakes with
blueberry compote
Recipe, page 28

summer diet plan

LC

BANANA & CINNAMON PANCAKES WITH BLUEBERRY COMPOTE

PREP 10 MINS **COOK** 15 MINS

SERVES 2 (WITH LEFTOVERS FOR 2
FOR THE NEXT DAY; AS A BREAKFAST)

65g wholemeal flour
2½Tbsp psyllium husk
1 tsp ground cinnamon, plus extra
for sprinkling
2 x 60g eggs
125ml (½ cup) skim milk
1 small banana, mashed
2 eggwhites (from 60g eggs)
2 tsp light olive oil
320g blueberries
Few mint leaves, to serve

1 Place the flour, psyllium husk and cinnamon in a bowl. Add the whole eggs and milk. Whisk together until smooth. Stir in the banana.

2 Whisk the egg whites in a small bowl until light and fluffy, but not completely stiff, then fold into the pancake mix until evenly incorporated.

3 Heat a small amount of oil in a large non-stick frying pan over medium heat. Add a quarter of the pancake mix and swirl to cover the base of the pan. Cook for 2 minutes or until set and golden. Carefully turn the pancake over with a palette knife and cook the other side. Transfer to a plate. Repeat with the rest of the batter until you have four pancakes, adding a little more oil when needed.

4 To make the compote, tip the berries into a small non-stick frying pan and heat over low heat until the berries just burst but hold their shape.

5 Place two warm pancakes on two serving plates. Top with half the berries, then scatter with the mint leaves and sprinkle with a little cinnamon. Keep the

remaining pancakes and compote for the next day.

LEFTOVERS Place the remaining pancakes on a plate and cover. Place the compote in an airtight container. Keep both in the fridge to serve the next day. Reheat in the microwave or in a frying pan.

Nutrition info

PER SERVE 793kJ, **protein** 10g, **total fat** 5g (sat. fat 1g), **carbs** 23g, **fibre** 7g, **sodium** 93mg • **Carb exchanges** 1½ • **GI estimate** medium • **Lower carb**



GF

LC

STRAWBERRY GREEN GODDESS SMOOTHIE

START TO FINISH 5 MINS

SERVES 2 (AS A BREAKFAST)

160g strawberries, hulled
160g baby spinach leaves
1 small avocado, halved, flesh
scooped out
150g reduced-fat natural yoghurt
½ tsp finely grated orange zest
2 small oranges, juiced

1 Put all the ingredients in a blender and process until completely smooth. If it's a little thick, add a splash of chilled water then blitz again.

2 Pour into serving glasses and drink immediately.

Nutrition info

PER SERVE 940kJ, **protein** 8g, **total fat** 11g (sat. fat 4g), **carbs** 18g, **fibre** 11g, **sodium** 112mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

PEACH & ORANGE YOGHURT POTS WITH GINGER OATS

PREP 10 MINS **COOK** 10 MINS

SERVES 2 (WITH LEFTOVERS FOR 2;
AS A BREAKFAST)

5 peaches or nectarines, stone
removed, finely chopped

Zest and juice of 1 orange

125g (1 1/3 cups) rolled oats

25g pine nuts

1/2 tsp ground ginger

1 tsp ground cinnamon

2 Tbsp sultanas

500g reduced-fat Greek-style
natural yoghurt, whisked
until smooth

1 Put the peaches and orange
juice in a small saucepan. Put the
lid on and cook gently over medium
heat for 3-5 minutes, depending
on their ripeness, until softened.
Set aside to cool.

2 Place the oats and pine nuts in
a small non-stick frying pan. Cook,
stirring frequently, over low heat,
for 2-3 minutes or until they're just
starting to toast. Turn off the heat
and add the ginger, cinnamon,
orange zest and sultanas.

3 Spoon the peaches and juices
between four glasses. Top with the
yoghurt. Cover and put in the fridge
to chill until needed. Keep the oat
mixture in an airtight container.

4 When ready to serve, top 2 of the
peaches and yoghurt with half of
the oat mixture.

LEFTOVERS Cover the remaining
glasses with plastic wrap. Keep in
the fridge. Keep the oat mixture in
an airtight container. Keep in the
fridge. Use within 2 days.

Nutrition info

PER SERVE 1640kJ, **protein** 14g,
total fat 16g (sat. fat 7g), **carbs** 43g,
fibre 8g, **sodium** 82mg • **Carb**
exchanges 3 • **GI estimate** low



summer diet plan

GF

LC

MUSHROOM HASH WITH POACHED EGGS

PREP 10 MINS **COOK** 20 MINS

SERVES 2 (WITH LEFTOVERS FOR 2
FOR THE NEXT DAY; AS A BREAKFAST)

1½ Tbsp olive oil
2 large brown onions, halved
and sliced
500g button mushrooms,
quartered
1 Tbsp thyme leaves, plus extra
for sprinkling
500g tomatoes, chopped
1 tsp smoked paprika
4 tsp omega seed mix (see below)
4 x 60g eggs
Freshly ground black pepper

1 Heat the oil in a large non-stick
frying pan over medium heat. Add
the onions and cook, stirring, for
2 minutes. Cover the pan and
reduce heat to medium-low. Cook,
stirring once, for 5 minutes.

2 Add the mushrooms and thyme
to the pan. Cook, stirring often, for
5 minutes or until the mushrooms
soften. Add the tomatoes and
paprika. Stir. Cover the pan and
cook for 5 minutes or until tomatoes
are pulpy. Stir in the seed mix.

3 Meanwhile, poach 2 of the
eggs in lightly simmering water
to your liking.

4 Place one-quarter of the
mushroom hash on each of
the two serving plates, saving
the remaining half for another
day. Sprinkle hash with a little
extra thyme and freshly ground
black pepper. Serve with
the poached eggs.

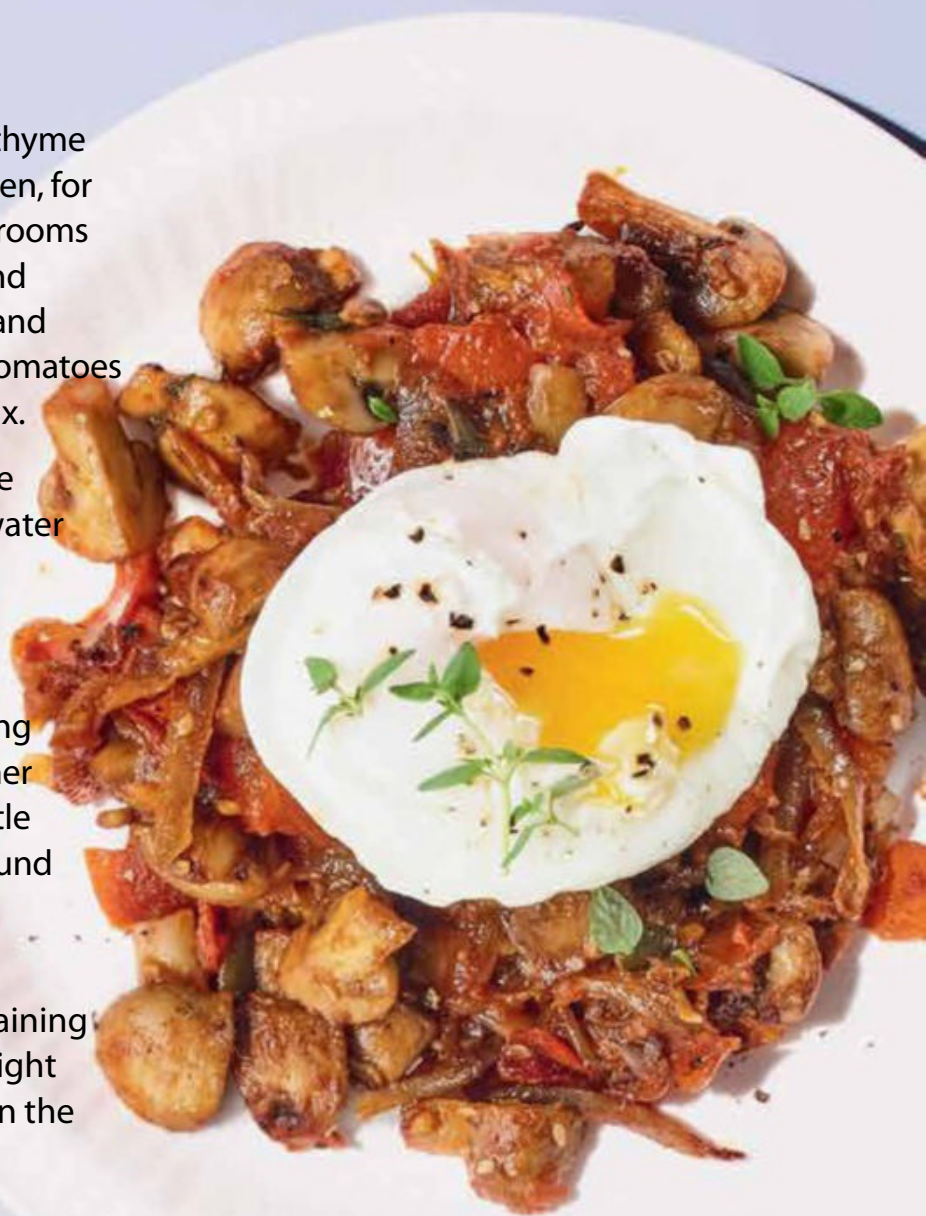
LEFTOVERS Place the remaining
hash on a plate or in an airtight
container. Cover and keep in the
fridge. Use within 2 days.

Nutrition info

PER SERVE 1430kJ, **protein** 18g,
total fat 23g (sat. fat 4g), **carbs** 10g,
fibre 8g, **sodium** 118mg • **Carb**
exchanges ½ • **GI estimate** low
• **Gluten free** • **Lower carb**

OMEGA SEED MIX

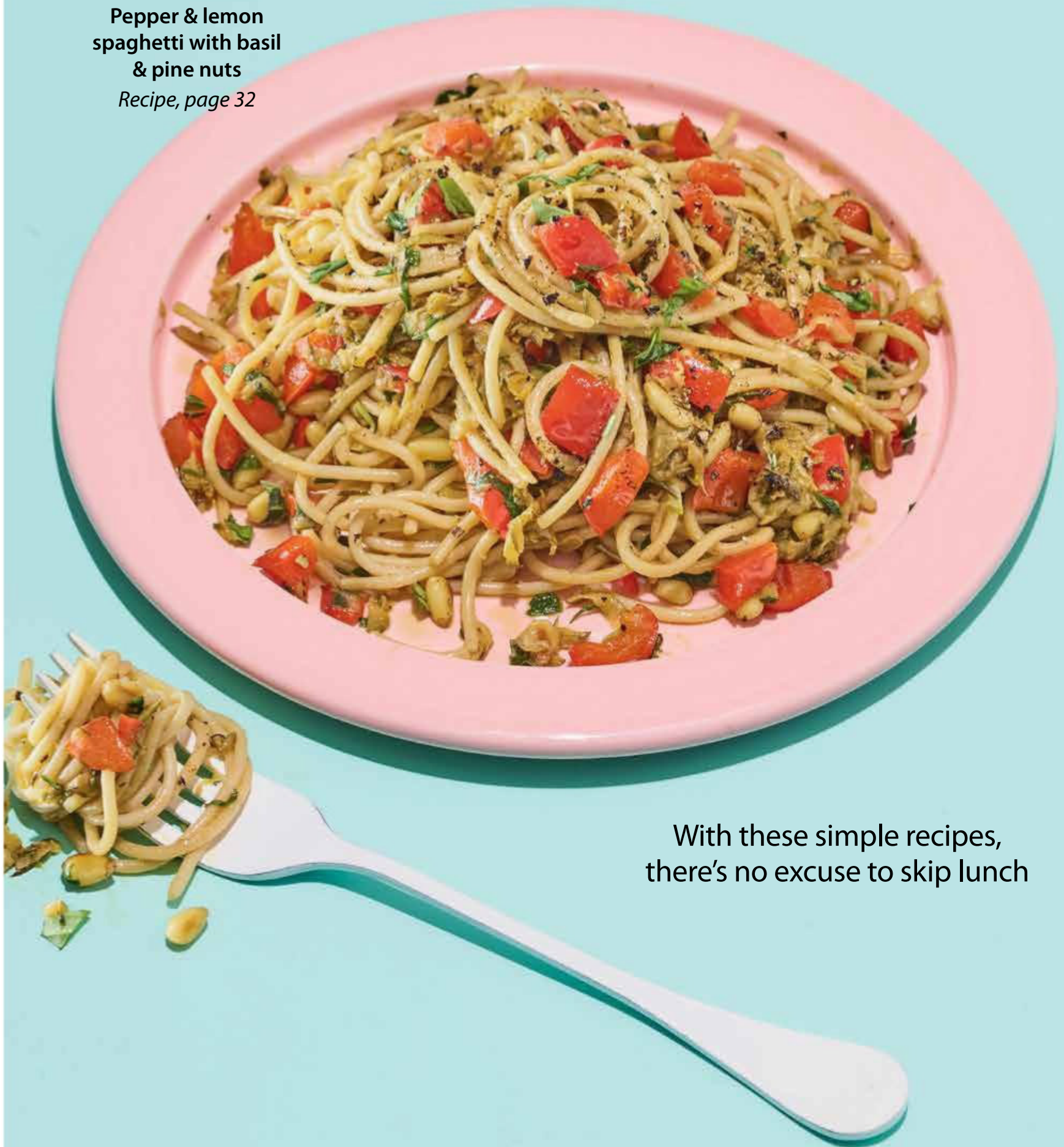
- Mix 3 Tbsp each of sesame, sunflower and pumpkin seeds together. Store in an airtight jar and use as suggested.
- This recipe, and some others in the plan, include seeds to provide protein and essential omega fatty acids.



Take a break **FOR LUNCH**

Pepper & lemon
spaghetti with basil
& pine nuts

Recipe, page 32



With these simple recipes,
there's no excuse to skip lunch

summer diet plan

PEPPER & LEMON SPAGHETTI WITH BASIL & PINE NUTS

PREP 10 MINS **COOK** 25 MINS
SERVES 2 (AS A LIGHT MEAL)

150g Slendier SoyBean Spaghetti
or 90g wholemeal spaghetti
1 tsp olive oil
1 red capsicum, finely chopped
250g zucchini, grated
2 cloves garlic, finely grated
Zest and juice of 1 lemon
1 cup basil leaves, finely chopped
15g pine nuts, toasted (see Cook's
Tip, below right)
1 Tbsp finely grated parmesan

1 Cook pasta in a large saucepan of boiling water for 10-12 minutes or until al dente. Drain, reserving some of the pasta cooking water.

2 Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the capsicum and cook, stirring occasionally, for 5 minutes.

3 Add the zucchini and garlic to the capsicum. Cook, stirring often, for 10-15 minutes until the zucchini is really soft.

4 Add lemon zest and juice, basil and spaghetti to the zucchini. Toss until well combined, adding a little of the pasta water until nicely coated. Stir in the pine nuts. Spoon into bowls and sprinkle with the Parmesan. Serve.

Nutrition info **GF** **LC**

PER SERVE (with Slendier spaghetti) 1070kJ, **protein** 18g, **total fat** 12g (sat. fat 2g), **carbs** 12g, **fibre** 13g, **sodium** 78mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

Nutrition info

PER SERVE (with wholemeal spaghetti) 1390kJ, **protein** 14g, **total fat** 12g (sat. fat 2g), **carbs** 37g, **fibre** 11g, **sodium** 87mg • **Carb exchanges** 2½ • **GI estimate** low

BULGUR & QUINOA LUNCH BOWLS

PREP 20 MINS (+ STANDING TIME)
COOK 15 MINS **SERVES** 2 (WITH LEFTOVERS FOR 2; AS A LIGHT MEAL)

BULGUR BASE

1 large brown onion, very finely chopped
50g bulgur (cracked wheat)
45g (¼ cup) quinoa
600ml water
2 thyme sprigs
2 tsp salt-reduced vegetable stock powder

AVOCADO TOPPING

1 small avocado, halved, stone removed, chopped
2 tomatoes, cut into small wedges
4 Tbsp chopped basil
8 pitted Kalamata olives, halved
1 tsp extra virgin olive oil
2 tsp cider vinegar
2 big handfuls rocket

BEETROOT TOPPING

½ x 420g can drained and rinsed no-added-salt chickpeas
140g cooked beetroot, diced
2 tomatoes, cut into small wedges
2 Tbsp chopped mint
1 tsp cumin seeds
Large pinch ground cinnamon
1 tsp extra virgin olive oil
2 tsp cider vinegar
1 orange, skin and white pith removed, cut into segments
1 Tbsp toasted pine nuts (see Cook's Tip, right)

1 To make the bulgur base, lace the onion, bulgur and quinoa in a saucepan. Add the water, thyme sprigs and stock powder. Cover and bring to the boil over high heat. Reduce heat to low and cook, covered, for 15 minutes. Remove the pan from the heat and set aside, covered, for 15 minutes (all the

liquid should now be absorbed). Set aside to cool. Once cool, remove the thyme and divide the bulgur between two bowls and two plastic containers.

2 For the avocado topping, toss all the ingredients together except for the rocket. Pile onto the two portions of the bulgur in the bowls and top with the rocket.

3 For the beetroot topping, place the chickpeas on the remaining two portions of bulgur in the containers. Toss the beetroot with the tomato, mint, cumin a good pinch of cinnamon, the oil and vinegar. Add the orange, then pile between the chickpeas. Scatter with the pine nuts and sprinkle with extra cinnamon. Chill in the fridge until needed. Serve the avocado topped bowls and keep the beetroot topped bowls for another day.

LEFTOVERS Cover the leftover bowls with lids. Keep in the fridge for up to 2 days.

Nutrition info **LC**

PER SERVE (with avocado topping) 1130kJ, **protein** 6g, **total fat** 14g (sat. fat 2g), **carbs** 24g, **fibre** 10g, **sodium** 446mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

Nutrition info

PER SERVE (with beetroot topping) 1490kJ, **protein** 12g, **total fat** 10g (sat. fat 2g), **carbs** 46g, **fibre** 14g, **sodium** 332mg • **Carb exchanges** 3 • **GI estimate** low

Cook's Tip

To toast the pine nuts, cook in a small non-stick frying pan over medium heat, stirring, for 2-3 minutes or until lightly toasted.



summer diet plan

GFO LC

ZUCCHINI, LEEK & GOAT'S CHEESE SOUP

PREP 10 MINS **COOK** 20 MINS

SERVES 2 (WITH LEFTOVERS FOR 2; AS A LIGHT MEAL)

1 Tbsp olive oil
400g leeks, well washed and sliced
450g zucchini, sliced
1 tsp salt-reduced vegetable stock powder or gluten-free stock powder
1L (4 cups) boiling water
400g baby spinach leaves
100g soft goat's cheese
1 cup basil leaves, plus extra, to serve
2 Tbsp omega seed mix (see page 30)
4 x 25g slices wholegrain rye bread or gluten-free bread

1 Heat the oil in a large saucepan over medium heat. Add the leeks and cook, stirring often, for 6-7 minutes or until the leeks start to soften. Add the zucchini. Cover the pan and cook for a further 5 minutes, stirring once.

2 Add the stock powder and boiling water to the pan. Cover and simmer for 7 minutes. Add the spinach, cover and cook for 3-5 minutes or until the spinach wilts. Remove the pan from the heat and set aside for 5 minutes.

3 Use a hand held blender to blend the soup in the pan until really smooth. Add the goat's cheese and 1 cup basil and blend again.

4 Ladle one quarter of the soup into each of two serving bowls. Scatter soup with extra basil leaves and seeds. Serve with the bread. Allow the remaining soup to cool and keep for another day.

LEFTOVERS Place the cooled soup in an airtight container and keep in the fridge for up to 3 days.

Nutrition info

PER SERVE 1260kJ, **protein** 16g, **total fat** 16g (sat. fat 5g), **carbs** 17g, **fibre** 10g, **sodium** 488mg • **Carb exchanges** 1 • **GI estimate** low
• **Gluten-free option** • **Lower carb**





GF

GRILLED VEGIES WITH MELTING EGGPLANTS

PREP 10 MINS **COOK** 25 MINS
SERVES 2 (AS A LIGHT MEAL)

- 1 large (500g) eggplant
- Zest and juice of half a lemon
- 3 cloves garlic, 2 chopped,
1 crushed
- 2 Tbsp chopped parsley,
plus extra to serve
- 3 tsp extra virgin olive oil
- 2 tsp omega seed mix
(see page 30)
- 2 tsp thyme leaves
- 1 red capsicum, cut into quarters
- 1 large brown onion, thickly
sliced
- 2 zucchini, diagonally sliced
- 2 large tomatoes, each cut into
3 thick slices
- 6 pitted kalamata olives, halved

1 Preheat a large chargrill on high. Spray eggplant all over with cooking spray. Add eggplant to the grill and cook, turning frequently for about 8-10 minutes or until the skin is blistered. Set aside to cool for 10 minutes or until cool enough to handle.

2 Remove the skin from eggplant and finely chop the flesh. Place the flesh in a bowl with the lemon juice, 1 chopped garlic clove, 1 Tbsp parsley, 1 tsp olive oil and the seeds. Mix the remaining chopped garlic and lemon zest in a separate small bowl.

3 Meanwhile, mix the thyme, crushed garlic and remaining oil in a bowl with the capsicum, onion, zucchini and tomatoes, keeping the onions as slices rather than

Cook's Tip

Alternatively, try replacing the onion with leek and the parsley with mint.

breaking up into rings. Heat the chargrill over high heat. Add the vegetables and cook for 3-4 minutes each side or until tender and marked with lines – the tomatoes will need the least time.

4 Pile the chargrilled vegetables onto plates with the eggplant purée and olives. Scatter with lemon zest and garlic mixture and some extra chopped parsley.

Nutrition info

PER SERVE 1330kJ, **protein** 11g, **total fat** 14g (sat. fat 2g), **carbs** 27g, **fibre** 17g, **sodium** 155mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

Done-right **DINNERS**

Eating is a pleasure, so make sure you take your time to enjoy these flavour-packed dishes

Swedish meatballs with
beetroot and apple salad

Recipe, page 38





**Seared beef salad
with capers & mint**
Recipe, page 38

GFO LC

SWEDISH MEATBALLS WITH BEETROOT AND APPLE SALAD

PREP 15 MINS **COOK** 20 MINS

SERVES 2 (WITH LEFTOVERS FOR 2; AS A MAIN)

MEATBALLS

500g lean pork mince
100g coarsely grated zucchini, squeezed of excess liquid
1 brown onion, grated
4 Tbsp chopped dill
2 cloves garlic, finely grated
Freshly ground black pepper
60g egg
1 Tbsp olive oil
1 tsp thyme leaves
2 tsp salt-reduced vegetable stock powder or gluten-free stock powder
300ml boiling water
2 Tbsp light sour cream

SALAD

1 large green apple, unpeeled, chopped
1 red onion, halved, thinly sliced

4 Tbsp chopped flat-leaf parsley
2 tsp drained capers
Juice of half a lemon
320g cooked beetroot, cut into thin wedges

1 To make the meatballs, place the mince, zucchini and onion in a bowl. Add half the dill, half the garlic and plenty of freshly ground black pepper. Break the egg into the bowl and mix well with your hands. Break off walnut-size pieces and roll into balls – you should end up with about 28. The mixture will be very soft. (If you have time, place in the fridge for 30 minutes to chill)

2 Heat the oil in a large non-stick frying pan over medium heat. Add the meatballs in two batches and cook for 6-8 minutes each batch, turning occasionally, until firm and pale golden.

3 Wipe out the pan to remove excess fat. Add the remaining garlic and thyme to the pan.

Cook, stirring, for 30 seconds.

Add combined stock powder and water and bring to the boil. Remove the pan from the heat and stir in the sour cream and remaining dill. Add the meatballs and turn until well coated in the mixture.

4 To make the salad, combine the apple, onion, parsley, capers and lemon juice in a bowl. Toss in the beetroot.

5 Serve half the salad with half the meatballs (reserving the remaining salad and meatballs for another day).

LEFTOVERS The remaining salad and meatballs will keep in separate airtight containers in the fridge for up to 3 days. Reheat the meatballs before serving.

Nutrition info

PER SERVE 1390kJ, **protein** 34g, **total fat** 14g (sat. fat 4g), **carbs** 18g, **fibre** 7g, **sodium** 438mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LC

SEARED BEEF SALAD WITH CAPERS & MINT

PREP 10 MINS **COOK** 15 MINS

SERVES 2 (AS A MAIN)

150g Spud Lite potatoes, unpeeled, thickly sliced
160g small beans, trimmed and halved
160g frozen peas
200g lean beef fillet steak, trimmed of any fat
160g cos lettuce, roughly torn into pieces

DRESSING

1 Tbsp extra virgin olive oil
2 tsp apple cider vinegar
½ tsp English mustard powder or gluten-free mustard powder
2 Tbsp chopped mint
3 Tbsp chopped basil

1 clove garlic, finely grated
1 Tbsp drained capers
Freshly ground black pepper

1 Cook the potatoes in a saucepan of simmering water over medium-high heat for 5 minutes. Add the beans and peas and cook for 2-3 minutes or until all the vegetables are just tender. Drain.

2 Meanwhile, to make the dressing, combine all the ingredients in a bowl. Stir and crush the herbs and capers with the back of a spoon to intensify their flavours.

3 Spray the steak on both sides with cooking spray and grind over some black pepper. Heat a small non-stick frying pan over high heat.

Add the steak and cook for 2-2½ minutes each side, depending on the thickness and how you like it cooked. Transfer steak to a plate. Cover loosely with foil and set aside to rest for a few minutes.

4 Add the warm vegetables to the dressing and toss until well coated. Add the lettuce and toss again. Pile the salad onto serving plates. Slice the steak and turn in any dressing left in the bowl, add to the salad and serve while still warm.

Nutrition info

PER SERVE 1670kJ, **protein** 31g, **total fat** 20g (sat. fat 4g), **carbs** 18g, **fibre** 10g, **sodium** 216mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb**

GFO LC

CURRIED CHICKPEA CAKE WITH TOMATO SAMBAL

PREP 10 MINS COOK 10 MINS
SERVES 2 (AS A MAIN)

420g can no-added-salt chickpeas, drained and rinsed
1 Tbsp mild curry powder or gluten-free curry powder
1 tsp cumin seeds
2 cloves garlic, chopped
Zest and juice of 1 lemon
4 x 60g eggs
3 Tbsp skim milk
2 Tbsp chopped coriander
1 red chilli, deseeded, finely chopped
1 Tbsp olive oil

SAMBAL

1 red onion, finely chopped
2 tomatoes, chopped
1 small Lebanese cucumber, finely chopped
1 red chilli, deseeded and finely chopped (optional)
3 Tbsp chopped coriander, plus extra leaves to serve
Juice of half a lemon

1 Tip two thirds of the chickpeas into a bowl. Add the curry powder, cumin seeds, garlic, lemon zest and juice, eggs and milk. Use a hand held blender to blend until smooth. Stir in the coriander, chilli and remaining chickpeas.

2 Heat the oil in a large non-stick frying pan over low heat. Add the curried chickpea mix to the pan and spread out. Stir. Leave to cook for 5 minutes or until set. Turn out onto a baking tray lined with baking paper then slide back into the pan. Cook on the other side for a further 3 minutes.

3 Meanwhile, to make the sambal, mix all of the ingredients together in a bowl.

4 Turn the chickpea cake out onto a plate and top with the sambal and a few coriander leaves. Serve cut into wedges.

Nutrition info

PER SERVE 1830kJ, protein 27g, total fat 21g (sat. fat 4g), carbs 26g, fibre 17g, sodium 269mg • Carb exchanges 1½ • GI estimate low • Gluten-free option • Lower carb



summer diet plan



GF LC

SMASHED CHICKEN WITH CORN SLAW

PREP 10 MINS **COOK** 5 MINS

SERVES 2 (WITH LEFTOVERS FOR 2;
AS A MAIN)

4 (125g each) skinless chicken
breast fillets, trimmed of fat
Zest and juice of 1 lime
2 Tbsp reduced-fat natural
yoghurt
1 tsp thyme leaves
¼ tsp ground turmeric
2 Tbsp finely chopped coriander
1 clove garlic, finely grated
1 tsp olive oil
150g baby Spud Lite potatoes,
halved, steamed, to serve

SLAW

1 small avocado, finely chopped
Zest and juice of 1 lime
2 Tbsp reduced-fat natural
yoghurt
2 Tbsp finely chopped coriander

2 cobs corn, husk and silk
removed, kernels cut off
1 red capsicum, cut into thin,
short strips
1 red onion, halved, thinly sliced
320g white cabbage, finely
shredded

1 Cut the chicken breasts in half
horizontally and place between
two sheets of baking paper.
Use a rolling pin to bash and flatten
the chicken. Put the lime zest and
juice, yoghurt, thyme, turmeric,
coriander and garlic in a large
bowl. Add the chicken and stir
until well coated. Set aside to
marinate while making the slaw.

2 To make the slaw, put the
avocado, lime juice and zest,
yoghurt and coriander in a bowl.
Mix well to combine. Stir in the
corn, capsicum, onion and cabbage.

3 Heat a large non-stick frying pan
or chargrill pan over medium-high
heat. Add the chicken and cook
for 2 minutes on each side,
or until cooked through.

3 Serve half the chicken with half
of the slaw and all the potatoes.

LEFTOVERS Put the remaining
chicken and slaw in separate
airtight containers for lunch
another day. Keep for up to 2 days.

Nutrition info

PER SERVE 1390kJ, **protein** 36g,
total fat 9g (sat. fat 2g), **carbs** 22g,
fibre 11g, **sodium** 104mg • **Carb**
exchanges 1½ • **GI estimate** low
• **Gluten free** • **Lower carb**

GFO **LC**

STEAMED TROUT WITH MINT & DILL DRESSING

PREP 10 MINS **COOK** 20 MINS

SERVES 2 (AS A MAIN)

120g Baby Spud Lite Potatoes, halved
1 ½ tsp salt-reduced vegetable stock powder or gluten-free stock powder
225ml water
200g asparagus spears, woody ends trimmed, diagonally sliced into 3
100g small beans, trimmed
100g frozen peas
2 (150g each) skinless trout fillets
2 slices lemon

DRESSING

4 Tbsp reduced-fat natural yoghurt
1 tsp apple cider vinegar
¼ tsp mustard powder or gluten-free mustard powder
1 tsp finely chopped mint
2 tsp chopped dill

1 Cook the potatoes in a saucepan of simmering water and cook for 10-12 minutes or until tender.

2 Place the stock powder in a wide based non-stick frying pan. Add the asparagus and beans. Cover and cook for 2 minutes. Add the peas to the frying pan. Top with the trout and lemon slices. Cover the pan and cook for a further 5 minutes or until the fish flakes really easily, but is still juicy.

3 Meanwhile, to make the dressing, combine the yoghurt, vinegar, mustard powder, mint and dill in a small bowl. Stir in 2-3 Tbsp of fish cooking juices.



4 Put vegies and any remaining pan juices in serving bowls. Place fish ontop of vegies and top with herb dressing. Serve with potatoes and lemon slices.

Nutrition info

PER SERVE 1570kJ, **protein** 39g, **total fat** 14g (sat. fat 4g), **carbs** 17g, **fibre** 8g, **sodium** 533mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**



GFO

COD PUTTANESCA WITH SPINACH & SPAGHETTI

PREP 10 MINS **COOK** 20 MINS

SERVES 2 (AS A MAIN)

100g wholemeal spaghetti
or gluten-free spaghetti
1 large brown onion, thinly sliced
1 Tbsp olive oil
1 red chilli, deseeded, thinly sliced
2 cloves garlic, chopped
200g cherry tomatoes, halved
1 tsp apple cider vinegar
2 tsp drained capers
5 pitted Kalamata olives, halved
½ tsp smoked paprika
2 x 150g skinless blue eye cod
fillets or any firm boneless
white fish fillets

160g baby spinach leaves
Small handful roughly chopped
parsley, to serve

1 Cook the spaghetti in a saucepan of boiling water for 10 minutes or until al dente, adding the spinach for the last 2 minutes of cooking. Drain, reserving some of the cooking liquid.

2 Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the onion. Cover and cook for 7-8 minutes, stirring occasionally, until onion softens and starting to turn golden. Stir in the chilli, garlic and tomatoes.

3 Add the vinegar, capers, olives and paprika to the pan with a ladleful of the pasta water. Place the cod fillets on top of the tomato mixture. Cover the pan and cook for 5-7 minutes or until the fish just flakes.

4 Pile the pasta and spinach onto serving plates. Top with the fish and sauce. Sprinkle over parsley, to serve.

Nutrition info

PER SERVE 1960kJ, **protein** 38g, **total fat** 14g (sat. fat 2g), **carbs** 39g, **fibre** 13g, **sodium** 449mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

Veggie DINNERS

Looking for more meat-free nights?
These nutritious recipes will save the day

Summer egg salad
with basil & peas
Recipe, page 44



GFO **LC**

SUMMER EGG SALAD WITH BASIL & PEAS

PREP 10 MINS **COOK** 15 MINS

SERVES 2 (AS A MAIN)

150g Baby Spud Lite potatoes,
unpeeled, thickly sliced
160g small green beans,
trimmed, halved crossways
160g frozen peas
3 x 60g eggs
160g cos lettuce, roughly torn
into pieces

DRESSING

1 Tbsp extra virgin olive oil
2 tsp apple cider vinegar
½ tsp English mustard powder
or gluten-free powder
2 Tbsp chopped mint
3 Tbsp chopped basil
1 clove garlic, finely grated
1 Tbsp capers
Freshly ground black pepper

1 Cook the potatoes in a saucepan of simmering water for 5 minutes. Add the beans and peas and cook for a further 2-3 minutes or until all the vegetables are just tender.

2 Meanwhile, boil eggs in another saucepan of simmering water for 6 minutes. Drain and run under cold water. Carefully shell; halve eggs.

3 To make the dressing, combine all the ingredients in a large bowl, using the back of a spoon to crush the herbs and vinegar to intensify their flavours.

4 Add the warm vegetables to the dressing and toss to coat. Add the lettuce and toss everything together. Pile onto plates, top with the eggs and grind over freshly ground black pepper.

Nutrition info

PER SERVE 1410kJ, **protein** 20g, **total fat** 18g (sat. fat 4g), **carbs** 18g, **fibre** 10g, **sodium** 293mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb**



AVOCADO PIZZA CRISPS

PREP 15 MINS **COOK** 30 MINS

SERVES 2 (AS A MAIN)

2 tsp olive oil
1 red or orange capsicum,
quartered, thinly sliced
2 cloves garlic, finely chopped
200g cherry tomatoes
1 small avocado, halved, stone
removed, sliced
2 good handfuls of rocket
1 small red onion, thinly sliced
4 pitted Kalamata olives, sliced
1 tsp balsamic vinegar

BASE

160g (1 cup) wholemeal plain flour
1½ tsp baking powder
80ml (⅓ cup) water
2 tsp olive oil

1 Preheat oven to 180°C (fan-forced). Line two baking trays with baking paper.

2 Heat oil in a non-stick pan over medium heat. Add the capsicum and cook, stirring occasionally, for 5 minutes. Add the garlic and stir well. Remove pan from heat. Stir in cherry tomatoes.

3 Meanwhile, to make the base,

put the flour and baking powder in a bowl. Combine the water and oil and add to the flour. Use a flat-bladed knife to mix until well combined and forms a dough. Set aside for 5 minutes.

4 Cut the dough in half and knead on a lightly floured work surface until smooth (you shouldn't need to add any extra flour). Roll out to a very thin 20cm circle. Lift onto one of the lined baking trays. Repeat with the second half of dough. Bake the two bases for 8 minutes. Carefully turn them over and top with the capsicum and tomato mixture. Return to the oven for a further 10 minutes.

5 Toss avocado, rocket, onion and olives with the balsamic vinegar. Remove the base from the oven and squash the tomatoes a little to fill any areas that aren't covered with the topping. Pile avocado mixture on top and eat while still hot.

Nutrition info

PER SERVE 2090kJ, **protein** 14g, **total fat** 20g (sat. fat 3g), **carbs** 56g, **fibre** 19g, **sodium** 348mg • **Carb exchanges** 3½ • **GI estimate** medium

GF

CUMIN-SPICED HALOUMI WITH CORN & TOMATO SLAW

PREP 15 MINS **COOK** 5 MINS

SERVES 2 (AS A MAIN)

Zest and juice of 1 lime

1 tsp olive oil

1 tsp thyme leaves

¼ tsp ground turmeric

¼ tsp cumin seeds

1 Tbsp finely chopped coriander

1 clove garlic, finely grated

80g Lemnos Salt-Reduced

Haloumi, thinly sliced

SLAW

Zest and juice of 1 lime

3 Tbsp reduced-fat natural yoghurt

3 Tbsp finely chopped coriander

1 red chilli, deseeded and chopped

120g fresh corn kernels

1 red capsicum, chopped

100g green beans, trimmed and halved

150g cherry tomatoes, halved

1 small red onion, halved, thinly sliced

250g white cabbage, finely shredded

1 Put the lime zest and juice, oil, thyme, turmeric, cumin, coriander and garlic in a bowl. Stir well. Add the haloumi and carefully turn until coated – take care as it breaks easily.

2 To make the slaw, mix the lime juice and zest, yoghurt, coriander and chilli together in a bowl. Stir in the corn, capsicum, beans, tomatoes, onion and cabbage.

3 Heat a large non-stick frying pan over medium-high heat. Add the haloumi, in batches, and cook for 1 minute each side.

4 Divide the slaw between two serving plates or bowls and top with the haloumi.

Nutrition info

PER SERVE 1540kJ, **protein** 19g, **total fat** 15g (sat. fat 8g), **carbs** 32g, **fibre** 15g, **sodium** 465mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

Haloumi is the perfect choice to ensure you up your daily calcium requirements





GFO

SPAGHETTI PUTTANESCA WITH RED BEANS & SPINACH

PREP 10 MINS COOK 20 MINS
SERVES 2 (AS A MAIN)

100g wholemeal spaghetti
or gluten-free spaghetti
160g baby spinach leaves
1 Tbsp olive oil
1 large brown onion, finely
chopped
1 red chilli, deseeded and sliced
2 cloves garlic, chopped
200g cherry tomatoes, halved
2 tsp apple cider vinegar
1 Tbsp drained capers
5 pitted kalamata olives, halved
1 tsp smoked paprika
½ x 420g drained canned no-
added-salt red kidney beans
Small handful chopped parsley
Small handful basil leaves

1 Cook the spaghetti in a saucepan of simmering water for 10-12 minutes or until al dente, adding the spinach to the cooking liquid for the last minute of cooking, drain reserving some of the cooking liquid.

2 Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 7-8 minutes or until the onion softens and starts to turn golden. Stir in the chilli, garlic and cherry tomatoes.

3 Add vinegar, capers, olives and paprika to the pan with a ladleful of the reserved pasta water. Stir in the beans and cook over medium heat until warmed through.

4 Toss the tomato and bean mixture with the parsley and basil. Pile onto plates or in shallow bowls. Serve.

Nutrition info

PER SERVE 1750kJ, **protein** 15g, **total fat** 13g (sat. fat 2g), **carbs** 49g, **fibre** 18g, **sodium** 340mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

GFO **LC**

EGYPTIAN ZUCCHINI WITH DUKKAH SPRINKLE

PREP 10 MINS **COOK** 25 MINS

SERVES 2 (WITH LEFTOVERS FOR 2;
AS A MAIN)

1 Tbsp olive oil
2 brown onions, halved and sliced
2 tsp ground coriander
2 tsp smoked paprika
400g can no-added-salt chopped
tomatoes
2 tsp salt-reduced vegetable
stock powder or gluten-free
stock powder
2 large zucchini, sliced into rounds
420g can no-added-salt butter
beans, drained and rinsed
200g cherry tomatoes
160g frozen peas
¼ cup coriander leaves, chopped

DUKKAH

1 tsp coriander seeds
1 tsp cumin seeds
1 Tbsp sesame seeds
25g flaked almonds

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes or until the onions start to colour. Stir in the ground coriander and paprika. Add the canned tomatoes. Fill up the can from the tomatoes with water and add to the pan with the stock powder and zucchini. Cover and cook for 6 minutes.

2 Meanwhile, to make the dukkah, place the coriander seeds, cumin seeds, sesame seeds and almonds in a small non-stick frying pan. Cook, stirring, over medium heat for 3-4 minutes or until aromatic. Remove the pan from the heat.

3 Add the butter beans, tomatoes

and peas to the zucchini mixture. Cover and cook for 5 minutes. Stir in the coriander, then spoon half into serving bowls. Use a mortar and pestle to crush the spices and almonds. Scatter half over the bean mixture. Keep the remaining dukkah and vegetables for another day.

LEFTOVERS Put the remaining seed mix in a jar and place the remaining vegetable mixture in an airtight container and keep in the fridge for another day.

Nutrition info

PER SERVE 1110kJ, **protein** 12g, **total fat** 11g (sat. fat 1g), **carbs** 23g, **fibre** 12g, **sodium** 305mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb** ■



Summer Barbecue

Gather friends and family together
for a meal of hot-weather favourites!





How our
food works
for you
see page 75

Seafood salad
Recipe, page 50

FULL MENU

Nutrition info

PER SERVE 2560kJ,
protein 47g, **total fat** 17g
(sat. fat 5g), **carbs** 61g,
fibre 12g, **sodium** 518mg

- Carb exchanges 4
- GI estimate low
- Gluten-free option

GFO LC

SEAFOOD SALAD

PREP 15 MINS **COOK** 10 MINS
SERVES 8 (AS PART OF A MAIN
OR AS A SIDE)

1 tsp olive oil
600g green prawns, peeled and
deveined, halved lengthways
12 scallops (roe intact), cleaned,
halved
40g rocket leaves
1½ cups picked watercress
1 head baby fennel, very thinly
sliced, fronds reserved
2 Lebanese cucumbers, peeled
into ribbons
⅓ cup dill leaves
150g cooked crab meat

DRESSING

2 Tbsp 97% fat-free mayonnaise
or gluten-free mayonnaise
Juice of ½ orange
1 Tbsp white balsamic vinegar
1 Tbsp finely chopped dill
Freshly ground black pepper

1 Heat half the oil in a large non-stick frying pan over high heat. Add prawns and cook for 2-3 minutes, turning occasionally, or until just cooked. Transfer to a plate. Reheat pan over a high heat and add scallops. Cook, turning once, for 2 minutes or until scallops are just cooked through. Transfer to the plate and set aside to cool.

2 Meanwhile, to make dressing, whisk all ingredients in a small bowl.

3 Toss rocket, watercress, fennel, cucumber and dill in a large bowl. Add prawns, scallops and crab meat to the salad. Toss to combine. Transfer to a shallow serving dish. Drizzle dressing over salad and serve.

Nutrition info

PER SERVE 347kJ, **protein** 13g,
total fat 1g (sat. fat 0g), **carbs** 4g,
fibre 1g, **sodium** 267mg • Carb
exchanges ½ • GI estimate low
• Gluten-free option • Lower carb

GF LC

MARINATED BARBECUED LAMB

PREP 15 MINS (+ OVERNIGHT
MARINATING) **COOK** 50 MINS
SERVES 8 (AS PART OF A MAIN)

1kg boned and butterflied leg of
lamb, all excess fat removed
1 Tbsp extra virgin olive oil
2 tsp smoked paprika
2 tsp sumac
Zest of 1 lemon
Juice of ½ lemon
⅓ cup dill leaves, finely chopped
½ cup flat-leaf parsley leaves,
finely chopped
2 sprigs rosemary, finely chopped
2 cloves garlic, crushed

1 Put lamb, oil, paprika, sumac, lemon zest, lemon juice, dill, parsley, rosemary and garlic in a large shallow dish. Turn to coat, rubbing the mixture all over the lamb. Cover and place in the fridge overnight to marinate.

2 Preheat a barbecue to 170°C (if cooking lamb in the oven, preheat to 150°C fan-forced). Heat a heatproof and barbecue-safe roasting pan until hot. Add lamb and brown for 2-3 minutes, turning occasionally, or until well browned. Cover with foil and cook in a barbecue with lid down (or in an oven) for 45 minutes.

3 Transfer lamb to a dish and cover with foil. Set aside for 10 minutes to rest. Diagonally slice lamb across the grain and place on a serving platter.

Nutrition info

PER SERVE 785kJ, **protein** 23g,
total fat 10g (sat. fat 3g), **carbs** 1g,
fibre 1g, **sodium** 144mg • Carb
exchanges 0 • GI estimate n/a
• Gluten free • Lower carb



entertaining



Pesto vegetable
skewers
Recipe, page 55

A photograph of three glass mason jars filled with a pinkish-red strawberry limeade. The jars are decorated with Australian flag-themed straws and lids. The foreground jar is open, showing ice cubes, a lime slice, and strawberries. The background jars are closed. The scene is set on a white wooden surface with eucalyptus leaves and strawberries scattered around. A red and white striped cloth is also visible.

Strawberry
limeade
Recipe, page 55

entertaining



GFO **LC**

PESTO VEGETABLE SKEWERS

PREP 15 MINS **COOK** 10 MINS
SERVES 8 (AS PART OF A MAIN OR AS A SIDE)

2 capsicum, cut into chunks
2 large zucchini, cut into chunks
2 corncobs, husk and silk removed, cut into small chunks
2 large red onions, cut into thin wedges
2 Tbsp pesto or gluten-free pesto
Juice of ½ orange

- 1 Soak 16 wooden skewers in cold water for 30 minutes. Drain well.
- 2 Divide vegetables evenly between the 16 skewers.
- 3 Preheat a barbecue plate on medium-high. Spray vegetable skewers with cooking spray. Add to barbecue; reduce heat to medium. Cook for 8-10 minutes, turning occasionally, until vegies are tender.
- 4 Meanwhile, combine pesto and orange juice in a small bowl.

5 Transfer skewers to a serving platter and brush with pesto mix.

Nutrition info

PER SERVE 445kJ, **protein** 4g, **total fat** 4g (sat. fat 1g), **carbs** 10g, **fibre** 5g, **sodium** 23mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GF **LC**

STRAWBERRY LIMEADE

PREP 10 MINS (+ COOLING)
COOK 10 MINS **SERVES** 8
(AS A DRINK)

250g punnet strawberries, hulled, halved
125ml (½ cup) fresh lime juice
60g (¼ cup) caster sugar
3 Tbsp granulated sugar substitute
60ml (¼ cup) water
1 vanilla bean, split in half lengthways
1.25L bottle chilled soda water
1 lime, halved, thinly sliced
8 small strawberries, hulled, thinly sliced into rounds

1 Put strawberry halves, lime juice, sugar, sugar substitute and water in a small saucepan. Using a small, sharp knife, scrape seeds out of vanilla bean into the pan. Add bean to the pan. Bring mixture to a simmer over a medium heat. Simmer for 5 minutes. Set aside to cool. Remove vanilla bean.

2 Place strawberry mixture in a small food processor and blend until smooth. Push through a sieve into a small container. Cover and place in the fridge until ready to use.

3 Pour chilled strawberry syrup into a large jug. Gradually stir in soda water, letting the fizz settle before adding more. Stir in lime and strawberry slices. Serve.

Nutrition info

PER SERVE: 202kJ, **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 10g, **fibre** 2g, **sodium** 6mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free** • **Lower carb**

GFO

QUICK AND EASY PAV

PREP 15 MINS (+ 20 MINS COOLING)
COOK 10 MINS
SERVES 8 (WITH LEFTOVERS FOR 2; AS AN OCCASIONAL DESSERT)

5 eggwhites (from 60g eggs), at room temperature
220g (1 cup) caster sugar
2 tsp cornflour or gluten-free cornflour
1 tsp white vinegar
Icing sugar or gluten-free icing sugar, for dusting
1½ tubs (225g) Vanilla Bean Frûche
150g low-fat fresh ricotta
2 small peaches, thinly sliced
125g punnet raspberries
4 passionfruit, pulp removed

1 Preheat oven to 160°C (fan-forced). Spray a 24 x 30cm (base measurement) swiss roll tin with cooking spray. Line tin with baking paper, allowing it to overhang sides.

2 Using an electric mixer, whisk eggwhites until soft peaks form. Add sugar 1 Tbsp at a time, whisking well between each addition until sugar dissolves. Add cornflour and vinegar. Use a large spatula to mix until combined.

3 Spoon meringue into the pan and spread out evenly. Bake for 10 minutes or until meringue is light golden brown on top. Set aside for 20 minutes to cool.

4 Place a piece of baking paper dusted with icing sugar on a large

board. Place board on top of pan and carefully turn out onto paper. Remove baking paper from meringue base. Place a large rectangular serving platter on top of meringue; turn back onto platter.

5 Whisk frûche and ricotta in a bowl. Spread mixture over the top of meringue. Top with peach slices, raspberries and passionfruit. Serve.

Nutrition info

PER SERVE 777kJ, **protein** 6g, **total fat** 1g (sat. fat 1g), **carbs** 36g, **fibre** 3g, **sodium** 78mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option** ■

NO-COOK MEALS

How our
food works
for you
see page 75

Try these fresh, nutritious dishes to liven up
your lunchtime – ideal for the warmer months

Chipotle gazpacho
Recipe, page 58





Garden salmon salad
Recipe, page 58

GF

CHIPOTLE GAZPACHO

START TO FINISH 25 MINS

(+ 2 HOURS CHILLING)

SERVES 4 (AS A LIGHT MEAL)

1kg ripe tomatoes, roughly chopped
1 large red capsicum, roughly chopped
½ cucumber, sliced
1 small clove garlic, grated
2 Tbsp olive oil
2 tsp chipotle sauce
4 green shallots, thinly diagonally sliced
40g blanched almonds, roughly chopped
3 limes, juiced
1 small ripe avocado, cubed
1 small red chilli, deseeded, finely chopped
½ small bunch coriander, finely chopped

1 Put the tomatoes, capsicum, cucumber, garlic, oil, chipotle sauce, 2 of the green shallots, half the almonds and half the lime juice in a blender. Blend until almost smooth. Pour into a jug and place in the fridge for at least 2 hours to chill.

2 When ready to eat, toss the avocado, chilli and coriander with the remaining green shallot and lime juice.

3 Ladle the soup into bowls and top with the avocado salsa and sprinkle with the reserved almonds.

Nutrition info

PER SERVE 1090kJ, **protein** 6g, **total fat** 18g (sat. fat 2g), **carbs** 13g, **fibre** 9g, **sodium** 47mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

GF LC

GARDEN SALMON SALAD

START TO FINISH 15 MINS

SERVES 4 (AS A LIGHT MEAL)

2 zucchini
100g fresh shelled peas or defrosted frozen peas
10 radishes, trimmed, halved
2 Tbsp olive oil
Zest and juice of 1 large lemon
2 Tbsp fat-free natural yoghurt
75g snow pea sprouts
240g cooked salmon fillets (see Cook's Tip, below), broken into pieces
Freshly ground black pepper
2 Tbsp mixed seeds
½ small bunch dill, fronds picked

1 Peel the zucchini into long thin strips using a vegetable peeler, discarding the soft, seeded core.

2 Toss zucchini ribbons, peas and radishes together in a large bowl. Whisk the oil, lemon zest and juice, and yoghurt together in a small bowl. Add to the vegies and toss to combine.

3 Put snow pea sprouts, dressed vegies and large flakes of salmon on a large platter. Sprinkle with pepper; scatter over seeds and dill.

COOK'S TIP You can use the leftover cooked salmon, or cook four 100g raw salmon fillets by either chargrilling or poaching the salmon and allowing to cool.

Nutrition info

PER SERVE 1210kJ, **protein** 18g, **total fat** 20g (sat. fat 4g), **carbs** 6g, **fibre** 5g, **sodium** 56mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GFO

SMASHED CANNELLINI BEAN TARTINE

START TO FINISH 15 MINS

SERVES 2 (AS A LIGHT MEAL)

420g can no added salt cannellini beans, drained and rinsed
Zest and juice of 1 large lemon
1 small clove garlic, finely grated
1 Tbsp olive oil
1 small red chilli, deseeded, finely chopped
½ small bunch flat-leaf parsley, finely chopped
8 cherry tomatoes, halved
2 slices (20g each) wholemeal sourdough or gluten-free bread, lightly toasted
15g reduced-fat feta, crumbled
50g rocket leaves

1 Put the beans, lemon zest and juice, garlic and 1 Tbsp of the oil in a small food processor. Process to create a chunky texture.

2 Transfer mixture to a bowl and stir through the chilli, parsley and cherry tomatoes.

3 Pile the cannellini bean smash over the sourdough toast. Scatter over the feta and drizzle with the remaining oil. Serve with the rocket on the side.

Nutrition info

PER SERVE 1200kJ, **protein** 14g, **total fat** 12g (sat. fat 2g), **carbs** 24g, **fibre** 12g, **sodium** 192mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** ■



HEALTH TIP

This meal is super high in fibre which will help you feeling fuller for longer!



cover recipe



MIDDLE EASTERN CHICKEN AND QUINOA SALAD

GF PREP 15 MINS COOK 15 MINS SERVES 2 (AS A MAIN)

60g (1/3 cup) quinoa
160ml (2/3 cup) water
2 x 125g skinless chicken breasts,
trimmed of fat
2 tsp olive oil
Freshly ground black pepper
2 tsp ground cumin
2 tsp ground coriander
1 red onion, finely chopped

1 Lebanese cucumber, finely
chopped
2 egg tomatoes, finely chopped
1 cup mint leaves, roughly
shredded, to serve
1 Tbsp extra-virgin olive oil
Zest and juice of 1 lemon
2 tsp ground sumac
Small mint leaves, to serve

1 Put the quinoa and water in a small saucepan. Cover; bring to the boil over medium heat. Reduce heat to low and cook, covered, for 10-12 minutes or until the water has been absorbed and the quinoa is tender. Transfer to a bowl to cool.

2 Meanwhile, place chicken breasts between two pieces of baking paper. Use a rolling pin to gently bash the chicken out until it's less than 1cm-thick. Drizzle chicken with olive oil; season with pepper. Combine the cumin and coriander and sprinkle over both sides of the chicken.

3 Heat a large non-stick frying pan over medium-high heat. Add chicken and cook for 2-3 minutes each side or until cooked through. Transfer to a plate; cover loosely with foil. Set aside for 5 minutes to rest.

4 Combine onion, cucumber, tomato and shredded mint with the extra virgin olive oil, lemon zest and juice, and 1 tsp of the sumac. Season with pepper. Toss to combine. Add quinoa and toss to combine.

5 Slice chicken. Add any juices from when chicken was resting to salad; toss to combine. Pile salad onto a serving plate and top with chicken. Sprinkle over remaining sumac and small mint leaves. Sprinkle with extra pepper and serve.

Nutrition info

PER SERVE 1990kJ, **protein** 36g, **total fat** 20g (sat. fat 3g), **carbs** 32g, **fibre** 11g, **sodium** 357mg
• **Carb exchanges** 2 • **GI estimate** low • **Gluten free** ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

POST-WORKOUT BOWLS

Refuel after exercising with these nutritious,
low-GI and protein-packed bowls

How our
food works
for you
see page 75

Spicy Indian stir-fried prawns Recipe, page 62



cooking for one

GFO LC

SPICY INDIAN STIR-FRIED PRAWNS

PREP 10 MINS **COOK** 15 MINS
SERVES 1 (AS A MAIN)

60g egg
1 Tbsp olive oil
3 green shallots, cut into 3cm pieces
80g frozen spinach, defrosted
2 tsp mild curry powder or gluten-free curry powder
7 cherry tomatoes, halved
80g frozen peas
150g green king prawns, peeled and deveined
2 Tbsp chopped coriander
½ small red chilli, diagonally thinly sliced, seeds removed

1 Bring a saucepan of water to the boil over high heat. Add the egg and cook for 7 minutes. Remove the pan from the heat and drain the egg. Put in a bowl of cold water to cool. Set aside.

2 Meanwhile, heat the oil in a medium non-stick frying pan over medium heat. Add the green shallots and cook, stirring often, for 3-4 minutes or until softens. Stir in the spinach, curry powder, tomatoes and peas. Cook, stirring occasionally, for further 5 minutes. Increase heat to high and add the prawns to the pan. Cook for 2 minutes or until the prawns are just cooked. Remove the pan from the heat and stir in the coriander.

3 Gently peel the shell off the egg and cut in half, then place on top of the prawns and scatter over the chilli. Serve.

Nutrition info

PER SERVE 1770kJ, **protein** 32g, **total fat** 25g (sat. fat 5g), **carbs** 10g, **fibre** 13g, **sodium** 445mg • **Carb exchanges** ½ • **GI estimate** low
• **Gluten-free option** • **Lower carb**

JERK CHICKEN WITH BLACK BEAN SALAD

PREP 10 MINS **COOK** 15 MINS
SERVES 1 (AS A MAIN)

100g skinless chicken breast fillet, trimmed of fat, sliced
1 tsp Masterfoods Smokey Jamaican Barbecue Style Marinade
1 Tbsp olive oil
6 baby corn
80g green beans, trimmed
½ x 420g drained canned no-added-salt black beans
1 drained roasted red pepper (from a jar), sliced
Zest and juice of 1 lime
½ small bunch coriander, chopped
1 Tbsp fat-free Greek-style natural yoghurt

1 Toss chicken with the marinade and ½ Tbsp of the oil. Set aside for 10 minutes.

2 Bring a saucepan of water to the boil over high heat. Add the corn and beans and cook for 3 minutes. Drain and set aside to cool.

3 Halve the corn cobs lengthways. Place in a bowl with the green beans. Add the black beans, red pepper, lime juice and zest and coriander. Stir. Add the remaining oil and toss to combine.

4 Preheat a chargrill over medium-high heat. Add the chicken and cook for 2 minutes on each side until cooked through. Serve with the black bean salad and yoghurt.

Nutrition info

PER SERVE 2100kJ, **protein** 37g, **total fat** 21g (sat. fat 4g), **carbs** 34g, **fibre** 11g, **sodium** 437mg • **Carb exchanges** 2½ • **GI estimate** low

SMOKEY SWEET POTATO SALAD BOWL

PREP 10 MINS **COOK** 20 MINS
SERVES 1 (AS A MAIN)

100g orange sweet potato, cut into 2cm pieces
½ red onion, cut into wedges
1 tsp smoked paprika
1 tsp ground cumin
2 tsp olive oil
1 cooked beetroot
2 Tbsp hummus
1 Tbsp chopped flat-leaf parsley
80g mixed spinach and rocket leaves
Juice of ½ of a lemon
2 tsp mixed seeds
½ wholemeal pita bread pocket, lightly toasted, cut into strips
2 baby cucumbers or ¼ medium cucumber, sliced

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Toss sweet potato, onion, paprika, cumin and oil in a bowl. Spread out over lined tray. Roast for 15-20 minutes, tossing halfway during cooking, or until potatoes and onion are tender.

2 Meanwhile, coarsely grate the beetroot and mix with the hummus and parsley. Toss salad leaves with the lemon juice and the mixed seeds.

3 Arrange the roasted vegetables, salad, hummus, cucumber and pita in a bowl. Serve.

Nutrition info

PER SERVE 1850kJ, **protein** 14g, **total fat** 22g (sat. fat 3g), **carbs** 38g, **fibre** 16g, **sodium** 478mg • **Carb exchanges** 2½ • **GI estimate** low ■

*These dishes will keep you satisfied
after an intense hit of training*

Health Tip

Exercise may increase the risk of a hypo for people that require insulin or sulfonylureas. It is therefore important to keep an eye on your BGLs prior, during and post exercise, and follow up with a healthy carb-containing post-workout meal or snack.





Dessert has never looked better!
Be inspired by the flavours
of the warmer months and treat
yourself to a cooling bite

Summer

How our
food works
for you
see page 75

Blueberry basil
ice-cream pops
Recipe, page 66



delight

Cook's Tips

- Use fresh rather than frozen blueberries for this recipe, as they give the best colour and flavour.
- For a different flavour combination, swap blueberries and basil with raspberries and mint.

dessert

GF

BLUEBERRY BASIL ICE CREAM POPS

START TO FINISH 20 MINS
(+ COOLING, CHILLING & FREEZING)
SERVES 12 (AS AN OCCASIONAL
DESSERT)

250g blueberries (see Cook's Tips,
page 65)
60ml (¼ cup) water
1½ cups firmly packed basil
leaves, shredded
250ml (1 cup) pouring cream
250ml (1 cup) milk
4 egg yolks (from 60g eggs)
125ml (½ cup) pure maple syrup
375g (1½ cups) pot-set Greek-
style natural yoghurt

1 Place the blueberries and the water in a small saucepan. Cook, covered, over medium heat for 4 minutes or until blueberries release their juices and collapse. Remove lid and cook for a further 4 minutes or until the mixture is thick and syrupy. Remove the pan from heat and stir through basil. Set aside until cooled to room temperature.

2 Place the cream and milk in a small heavy-based saucepan. Bring to a simmer over medium-low heat (do not allow the mixture to boil). Remove the pan from the heat.

3 Place the cooled blueberry mixture in a small blender or food processor and process until a smooth puree forms. Push through a fine mesh strainer over a bowl, discarding the solids.

4 Whisk the egg yolks and maple syrup in a bowl until thick and pale. Add warm milk mixture in a thin stream, whisking constantly until combined.

5 Return the mixture to saucepan over medium heat. Cook, stirring constantly, for 10 minutes or until mixture thickens and coats the back of a wooden spoon (you may need to move the pan slightly off the heat to ensure the mixture doesn't boil during this time). Remove the pan from the heat.

6 Place the yoghurt in a medium heatproof bowl. Press custard mixture through a strainer over the yoghurt. Whisk until combined. Place in the fridge for 30 minutes or until chilled.

7 Grease and line a 1.5L (6 cup) loaf tin with baking paper, extending the paper 2cm above the edge of tin. Pour chilled yoghurt mixture into the pan. Drizzle over blueberry mixture. Using a spatula, gently swirl blueberry mixture to create a marbled effect. Freeze for 2 hours or until mixture is partially set.

8 Cover the tin firmly with foil. Using the tip of a small sharp knife, make 12 small evenly-spaced cuts into the foil. Insert ice-block sticks (see tips) through cuts and into the ice cream. Freeze for a further 4 hours or overnight until firm.

9 To serve, stand ice cream in tin at room temperature for 5 minutes to soften slightly. Remove from tin; remove paper lining. Use a hot, dry serrated knife to cut ice cream into 12 even-sized serves. Serve immediately or return to freezer, wrapped individually.

Nutrition info

PER SERVE 786kJ, **protein** 4g, **total fat** 11g (sat. fat 6g), **carbs** 18g, **fibre** 1g, **sodium** 43mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

GF

BANANA MATCHA FRO-YO

START TO FINISH 10 MINS
(+ FREEZING) **SERVES** 4
(AS AN OCCASIONAL DESSERT)

2 (400g) very ripe bananas, sliced
130g (½ cup) Greek-style natural
yoghurt
1 tsp matcha powder
1 tsp vanilla bean paste
2 tsp honey
2 tsp black chia seeds
2 Tbsp unsalted shelled pistachios,
finely chopped

1 Place the bananas in a small airtight freezer-proof container. Freeze for at least 4 hours or until frozen.

2 Place the frozen bananas, yoghurt, matcha powder, vanilla and honey in a blender and process until a smooth soft-serve fro-yo consistency forms. Return to the container and freeze for a further 1 hour or until mixture is firm enough to scoop.

3 Combine the chia seeds and pistachios in a small bowl. Divide fro-yo among four small bowls, sprinkle evenly with chia mixture to serve.

Nutrition info

PER SERVE 757kJ, **protein** 4g, **total fat** 4g (sat. fat 1g), **carbs** 28g, **fibre** 4g, **sodium** 21mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

Cook's Tip

The fro-yo can be served as soon as it is processed, but it will be the consistency of soft-serve frozen yoghurt rather than firm.



HEALTH TIP

Nuts and seeds are terrific snacks that deliver heart-healthy nutrients, while having almost no carbohydrates, so they won't raise your blood glucose levels.

Exceptionally good ICE CREAM SANDWICHES

VERY BERRY

START TO FINISH 15 MINS (+ FREEZING)
SERVES 4 (AS A DESSERT)

Stand 1 cup of 97% fat-free no-added-sugar **vanilla ice cream** in a small bowl at room temperature for 10 minutes or until softened slightly. Place ½ cup mixed **frozen berries** in a medium bowl; stand for 10 minutes or until thawed slightly; crush lightly. Stir ice cream into berries. Transfer ice cream to a freezer-proof container. Freeze for 1 hour or until firm. Sandwich scoops of ice cream evenly between 8 **Belvita Breakfast Biscuits Milk & Cereals**.

Nutrition info

PER SERVE 654kJ, **protein** 4g, **total fat** 5g (sat. fat 1g), **carbs** 21g, **fibre** 4g, **sodium** 117mg • **Carb exchanges** 1½ • **GI estimate** low

CARAMEL SWIRL

START TO FINISH 10 MINS (+ FREEZING)
SERVES 4 (AS A DESSERT)

Stand 1 cup of 97% fat-free no-added-sugar **vanilla ice cream** in a medium bowl at room temperature for 10 minutes or until softened slightly. Swirl through 1 Tbsp **Natvia caramel sauce**. Transfer ice cream to a freezer-proof container. Freeze for 1 hour or until firm. Sandwich scoops of ice cream evenly between 8 **Belvita Breakfast Biscuits Milk & Cereals**.

Nutrition info

PER SERVE 634kJ, **protein** 4g, **total fat** 5g (sat. fat 1g), **carbs** 20g, **fibre** 4g, **sodium** 148mg • **Carb exchanges** 1½ • **GI estimate** low



COFFEE & HAZELNUT

START TO FINISH 15 MINS (+ FREEZING)
SERVES 4 (AS AN OCCASIONAL DESSERT)

Stand 1 cup of 97% fat-free no-added-sugar **vanilla ice cream** in a medium bowl at room temperature for 10 minutes or until softened slightly. Stir 2 tsp **cold espresso coffee** and 1 Tbsp finely chopped **toasted hazelnuts** into the ice cream. Transfer ice cream to a freezer-proof container. Freeze for 1 hour or until firm. Sandwich scoops of ice cream evenly between 8 **Belvita Breakfast Biscuits Milk & Cereals**.

Nutrition info

PER SERVE 699kJ, **protein** 4g, **total fat** 6g (sat. fat 1g), **carbs** 19g, **fibre** 4g, **sodium** 118mg • **Carb exchanges** 1½ • **GI estimate** low



LIME & MINT

START TO FINISH 10 MINS
(+ FREEZING) **SERVES** 4
(AS A DESSERT)

Stand 1 cup of 97% fat-free no-added-sugar **vanilla ice cream** in a medium bowl at room temperature for 10 minutes or until softened slightly. Stir 2 Tbsp finely chopped **mint** and 2 tsp finely grated **lime zest** into the ice cream. Transfer ice cream to a freezer-proof container. Freeze for 1 hour or until firm. Sandwich scoops of ice cream evenly between 8 **Belvita Breakfast Biscuits Milk & Cereals**.

Nutrition info

PER SERVE 635kJ, **protein** 4g, **total fat** 5g (sat. fat 1g), **carbs** 20g, **fibre** 4g, **sodium** 118mg • **Carb exchanges** 1½ • **GI estimate** low

GFO

VANILLA ICE CREAM WITH MANGO & BERRY COULIS

START TO FINISH 40 MINS

(+ COOLING AND FREEZING)

SERVES 8 (AS OCCASIONAL DESSERT)

30g (¼ cup) custard powder or
gluten-free custard powder

750ml (3 cups) low-fat milk

100g caster sugar

300g silken tofu

2 tsp vanilla extract

BERRY COULIS

300g mixed berries (see Cook's
Tip, below)

2 tsp icing sugar or gluten-free
icing sugar

MANGO COULIS

1 mango, chopped

2 Tbsp water

1 Blend the custard powder with a little of the milk in a medium saucepan until smooth. Stir in the remaining milk and sugar. Cook, stirring, over medium heat until the custard comes to the boil and thickens. Remove the pan from heat.

2 Place the tofu in a small food processor and process until smooth. Add the tofu and vanilla extract to the custard. Stir to combine. Set aside and cool to room temperature.

3 Transfer mixture to 14cm x 21cm loaf tin. Cover tightly with foil and freeze for 3 hours or overnight.

4 Use electric beaters to beat the ice cream in large bowl until smooth. Return mixture to the

loaf tin. Cover and freeze for a further 3 hours or until firm. Repeat beating and freezing the mixture twice more. Alternatively, churn the ice cream in an ice cream machine according to the manufacturer's instructions.

5 To make the berry and mango coulis; Blend or process the berries and sugar in a blender or small food processor until smooth. Push the mixture through a fine sieve over a small bowl. Discard the solids.

6 To make the mango coulis, blend or process the mango and water in a blender or small food processor until smooth.

7 Serve ice cream with mango and berry coulis.

Nutrition info

PER SERVE 696kJ, **protein** 6g, **total fat** 2g (sat. fat 1g), **carbs** 30g, **fibre** 3g, **sodium** 52mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

Cook's Tip

Fresh and frozen berries are both suitable; if frozen berries are used they must be thawed before making coulis. Ice cream and coulis can be made up to 3 days ahead.

GF

FROZEN PEACH LASSI

START TO FINISH 10 MINS
(+ FREEZING) **SERVES** 4
(AS A DESSERT)

365g (2 cups) drained canned peach slices in natural juice
1 Tbsp honey
125ml (½ cup) buttermilk
270g (1 cup) low-fat plain yoghurt
2 tsp lime zest
2 tsp fresh lime juice
1 cup (180g) canned peach slices in natural juice, extra, to serve
1 tsp finely shredded lime rind, to serve

1 Place the peaches in a small food processor and blend until smooth.

2 Whisk the peach puree, honey, buttermilk, yoghurt, zest and juice in a large bowl.

3 Pour the mixture into a 1L (4 cup) container. Cover tightly with foil and freeze for 3 hours or overnight.

4 Use an electric mixer to beat the lassi in a large bowl until smooth. Return the mixture to the container. Cover and freeze for a further 3 hours or until firm. Alternatively, churn the lassi in an ice cream machine according to the manufacturer's instructions.

5 Serve the lassi with extra peach slices and lime rind.

Nutrition info

PER SERVE 600kJ, **protein** 7g,
total fat 1g (sat. fat 1g), **carbs** 23g,
fibre 3g, **sodium** 86mg • **Carb**
exchanges 1½ • **GI estimate** low
• **Gluten free** ■



*Give your bowl of fresh fruit
a cool makeover - healthy
ice cream for all!*



A top-down view of a black rectangular tray containing four almond-topped breakfast muffins. Each muffin is nestled in a white paper liner. The muffins are golden-brown with a thick layer of sliced almonds on top. To the right of the muffins is a small purple bowl filled with honey, with a wooden honey dipper resting in it. A yellow cloth is partially visible under the muffins. In the background, a glass bowl of oats and a pile of almonds are visible on a blue wooden surface. Scattered almonds are also on the surface in the foreground.

How our
food works
for you
see page 75

Breakfast muffins
Recipe, page 74

Cook's Tips

- Muffins are suitable to freeze, stored in an airtight container, for up to 3 months.
- The muffins are best eaten warm; reheat, one at a time, in a microwave oven for about 20 seconds on high / 100%.

MORNING STAR

Start your day the right way with a nutritious and tasty meal

STRAWBERRY AND PASSIONFRUIT BREAKFAST TRIFLE

START TO FINISH 5 MINS
SERVES 2 (AS A BREAKFAST)

2 Weet-Bix, broken into chunks
40g (½ cup) All-Bran Cereal
80ml (1/3 cup) fresh passionfruit pulp (see Cook's Tip, right)
270g (1 cup) low-fat natural yoghurt
140g strawberries, sliced thinly

1 Layer half the Weet-Bix and All-Bran in two 310ml (1¼-cup) serving glasses. Top with half the passionfruit, yoghurt and strawberries.

2 Repeat with remaining Weet-Bix, All-Bran and yoghurt. Top with the remaining strawberries and drizzle with remaining passionfruit.

Nutrition info

PER SERVE 1240kJ, **protein** 14g, **total fat** 3g (sat. fat 2g), **carbs** 44g, **fibre** 14g, **sodium** 212mg • **Carb exchanges** 3 • **GI estimate** low

Cook's Tips

You will need about four passionfruit for this recipe. You can make the trifle with any seasonal fruit combination or even with canned fruit in natural juices. Canned pears and frozen raspberries work well together.



breakfast



Cook's Tips

You can use microwave brown rice instead of cooking from raw, if you like. If you want to cook your own rice, cook ¼ cup of brown rice; use the ½ cup of cooked rice required, and save the remainder for another use.

BREAKFAST MUFFINS

PREP 10 MINS **COOK** 25 MINS
SERVES 4 (AS A LIGHT BREAKFAST)

20g (¼ cup) rolled oats
120g (¾ cup) wholemeal plain flour
1 tsp ground cinnamon
½ tsp baking powder
¼ tsp bicarbonate of soda
2 Tbsp sultanas
60g egg, lightly whisked
60ml (¼ cup) buttermilk
55g (¼ cup) apple puree
60g (¼ cup) mashed banana
1 tsp vanilla extract
1 tsp honey, warmed

1 Preheat oven to 200°C (fan-forced). Line four holes of a 6-hole (¾-cup/180ml) Texas muffin tin with baking paper squares or muffin cases.

2 Reserve 2 tsp of the oats. Sift the flour, cinnamon, baking powder and bicarbonate of soda in a bowl. Add sultanas and the remaining oats to the flour mixture. Whisk the egg, buttermilk, puree, banana and extract in a separate bowl. Add the egg mixture to the flour mixture and mix until just combined.

3 Divide the batter among the prepared tin holes. Sprinkle with reserved oats. Bake for 20 minutes.

4 Brush the tops of the muffins with the honey. Bake for a further 5 minutes or until golden and cooked when tested with a skewer. Set muffins in tin for 5 minutes before turning, top-side up, onto a wire rack to cool.

COOK'S TIP You need 1 small ripe banana (130g), to get the amount of mashed banana needed for these muffins.

Nutrition info

PER SERVE 815kJ, **protein** 7g, **total fat** 3g (sat. fat 1g), **carbs** 32g, **fibre** 5g, **sodium** 151mg • **Carb exchanges** 2 • **Gl estimate** medium ■

GFO

BREAKFAST QUESADILLAS

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A BREAKFAST)

125g drained canned no-added-salt kidney beans, mashed
85g (½ cup) cooked brown rice
2 x 20cm wholemeal tortillas or gluten-free tortillas
40g (⅓ cup) reduced-fat grated cheese
1 Tbsp olive oil
2 x 60g eggs

TOMATO SALSA

160g cherry tomatoes, coarsely chopped
2 Tbsp coriander leaves
2 Tbsp mint leaves
1 green shallot, finely chopped
2 tsp fresh lemon juice
¼ tsp chilli flakes

1 To make the tomato salsa, combine all the ingredients in a small bowl. Set aside.

2 Combine the beans and rice in a bowl. Spoon the bean mixture over half of each tortilla and sprinkle with cheese. Fold over to enclose.

3 Heat half the oil in a large non-stick frying pan over medium heat. Add the quesadillas and cook for 2 minutes each side or until brown and crisp. Transfer to a plate and cover loosely with foil to keep warm.

4 Heat the remaining oil in same pan over low heat. Add the eggs and cook for 3 minutes or until cooked how you like them.

5 Top quesadillas with the eggs and salsa.

Nutrition info

PER SERVE 2080kJ, **protein** 24g, **total fat** 22g (sat. fat 7g), **carbs** 47g, **fibre** 9g, **sodium** 649mg • **Carb exchanges** 3 • **Gl estimate** low • **Gluten-free option**

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ
Protein 80g
Total fat 70g
Saturated fat 24g
Carbs 270g
Fibre 30g
Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ
Protein 65g
Total fat 45g
Saturated fat 15g
Carbs 180g
Fibre 30g
Sodium Less than 2000mg

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

Banana & cinnamon pancakes with blueberry compote
Recipe, page 28

Nutrition info

PER SERVE 793kJ, protein 10g, total fat 5g (sat. fat 1g), carbs 23g, fibre 7g, sodium 93mg
• Carb exchanges 1½
• GI estimate medium
• Lower carb

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

Cook, eat, enjoy

Discover our supermarket favourite, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

Kitchen Tips

To extract seeds and pulp from a pomegranate

■ Cut the pomegranate in half crossways and hold it over a bowl. Hit the outside of the pomegranate firmly with a spoon multiple times – the seeds should fall out. If there are any left inside just use a teaspoon to remove them. The juice can stain so be careful to not get any on you.



Cucumber ribbons (also great for carrot or zucchini)

■ Use a vegetable peeler to run down the length of the cucumber. The more pressure you apply on the peeler the thicker the ribbons will be.



**“Food, Friends,
Sunshine”**





SUPERMARKET CRUSH

KOJA PROTEIN Pancake Range

After something different for breakfast? Well then, why not try Koja's range of Protein Pancakes – the flavours include cinnamon, coconut and cacao. Free of sugar, with no sweeteners, preservatives or nasty additives. All you need to add is egg and milk and you're good to go. They are also plant-based protein blend so can easily be prepared to suit a vegan diet as well. Available online (koja.com.au), \$6 for an individual packet or \$15 for a mixed pack of 3.



SECOND LUNCH

Place 1 cup **rocket leaves** on a serving plate. Slice 1/2 small **avocado** and 1 small **cucumber** and place on top of the rocket. Top with 70g **salt-reduced smoked salmon**. Sprinkle with **pepper**. Squeeze a wedge of **lemon** over the top. Serves 1 (as a lunch).

GF **LC**

PER SERVE 967kJ, **protein** 18g, **total fat** 15g (sat. fat 3g), **carbs** 3g, **fibre** 6g, **sodium** 269mg
• **Carb exchanges** 0
• **GI estimate** n/a
• **Gluten free**
• **Lower carb**



PRODUCT REVIEW

Sunbeam Big Fill Toastie Maker

There is nothing like a toastie to keep you going through a busy day. Quick and easy to make, with endless filling options, they make a great addition to your kitchen. The Sunbeam Big Fill Toastie Maker comes in two sizes, to either make 2 or 4 sandwiches. It also features a cut and seal scissor action, dividing each sandwich into two snack size serves. Available from Harvey Norman, Target and major appliance stores, from \$49.95. ■

SUMMER SNACK IDEAS

GF

TROPICAL BERRY SMASH

Use a fork to smash 125g **mixed berries** in a serving bowl. Stir in 2 Tbsp low-fat **Greek-style natural yoghurt**. Drizzle over the pulp of 1 **passionfruit**. Sprinkle over 10g roughly chopped **walnuts** and 1 tsp **flaked coconut**. Serves 1.



PER SERVE 719kJ, **protein** 6g, **total fat** 9g (sat. fat 2g), **carbs** 12g, **fibre** 8g, **sodium** 50mg • **Carb exchanges** 1
• **GI estimate** low • **Gluten free**

GF **LC**

AVOCADO, PEA AND MINT DIP

Mash the flesh of 1 small ripe **avocado** with the juice of half a **lime**. Stir in 3 Tbsp finely shredded **mint leaves** and ¼ cup cooked, mashed and cooled **frozen peas**. Season with **pepper**. Stir in a little finely chopped **red chilli**, if you like. Serve with **vegie sticks**. Serves 2.



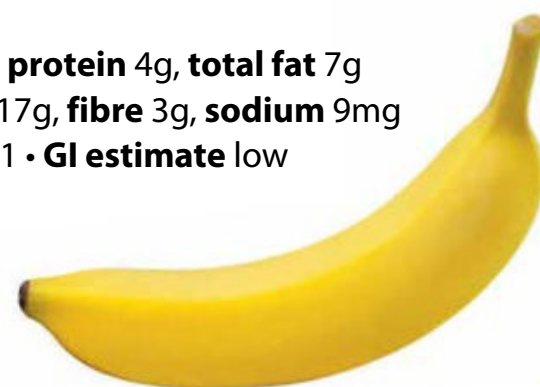
PER SERVE 514kJ, **protein** 3g, **total fat** 7g (sat. fat 1g), **carbs** 8g, **fibre** 9g, **sodium** 68mg
• **Carb exchanges** ½ • **GI estimate** low
• **Gluten free** • **Lower carb**

GF

BANANA AND PEANUT RICE CAKE

Top one thin **rice cake** with 2 tsp **no-added-salt-or-sugar peanut butter**. Top with ½ small sliced **banana** and 2 sliced **strawberries**. Drizzle with ½ tsp **honey** and a sprinkle of **cinnamon**. Serves 1.

PER SERVE 660kJ, **protein** 4g, **total fat** 7g (sat. fat 1g), **carbs** 17g, **fibre** 3g, **sodium** 9mg
• **Carb exchanges** 1 • **GI estimate** low
• **Gluten free**

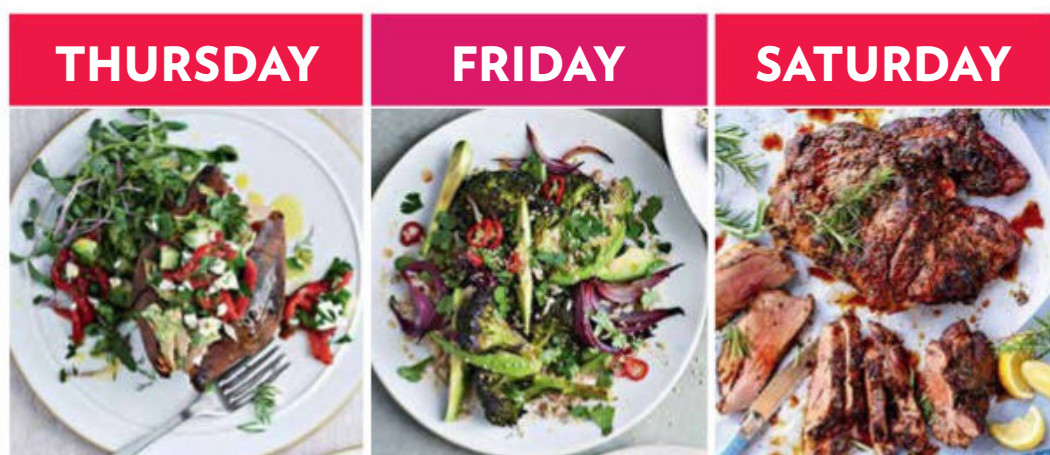


Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H₂O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	2 slice soy & linseed toast topped with 1 sliced banana & drizzled with 1 Tbsp honey	Breakfast muffin (page 74)	Breakfast quesadillas (page 74)	1 cup fruit salad topped with 170g tub Chobani no fat Greek yoghurt & 1 Tbsp chia seeds
Optional snack	175g tub diet yoghurt	1 small decaf skim latte & 1 fresh date	Tropical berry smash (page 77)	1 slice soy linseed toast with 1 Tbsp 100% fruit jam
Lunch	Garden salmon salad (page 58)	Smashed cannellini bean tartine (page 58)	60-second lunch (page 77)	Chipotle gazpacho (page 58)
Optional snack	1 cup fruit salad	2 plums	Avocado, pea & mint dip (page 77)	1 banana
Dinner	Spaghetti puttanesca with red beans & spinach (page 46) <i>Pictured above</i>	Fish & cream corn (page 18) <i>Pictured above</i>	Barley & broad bean risotto (page 18) <i>Pictured above</i>	Steak, rocket and bean salad (page 19) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Lime & mint ice cream sandwich (page 69)	½ cup low fat custard with 125g strawberries	Frozen peach lassi (page 71)	1 cup cold skim milk with 1 tsp milo
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

it's easy!



depending on your exercise levels

Breakfast muffin (page 74)	Strawberry and passionfruit breakfast trifle (age 73)	1 x 40g slice rye sourdough with 2 poached eggs, 1 handful of rocket & 5 grape tomatoes, chopped
1 large peach	40g reduced fat cheese on 1 thin wholegrain rice cakes	½ mango
Bulgur & quinoa lunch bowl with beetroot topping (page 32)	1 brown rice tuna sushi roll + ½ cup steamed edamame	Bulgur & quinoa lunch bowl with avocado topping (page 32)
175g tub diet yoghurt	30g unsalted nuts	Banana and peanut rice cake (page 77)
Blistered sweet potatoes with herby tuna (page 20) <i>Pictured above</i>	Avocado, roasted broccoli & sesame rice salad (page 21) <i>Pictured above</i>	Marinated barbecue lamb (page 50) with a side of seafood salad (page 50) & Pesto Vegetable Skewers (page 53) <i>Pictured above</i>

have a couple of alcohol-free days a week

Very berry ice cream sandwich (page 68)	½ mango	2 passionfruits drizzled over 170g tub Chobani no fat Greek yoghurt
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Always discuss your exercise plans with your doctor first



RED MEAT

Red meat – such as beef, pork, veal and lamb – is well known for being a “protein-rich” food, providing your body with energy and amino acid “building blocks” that your body uses to build and repair muscles and bones, and to make hormones and enzymes. Red meat also provides a wide variety of other nutrients which are equally important for your health, such as:

- **Iron** Assists with the transport of oxygen around the body and supports the immune system to help fight infections.
- **Vitamin B12** Essential in the production of red blood cells and DNA, and supports your nervous system.
- **Zinc** Keeps the immune system functioning properly and assists with wound healing.

How much should we eat?

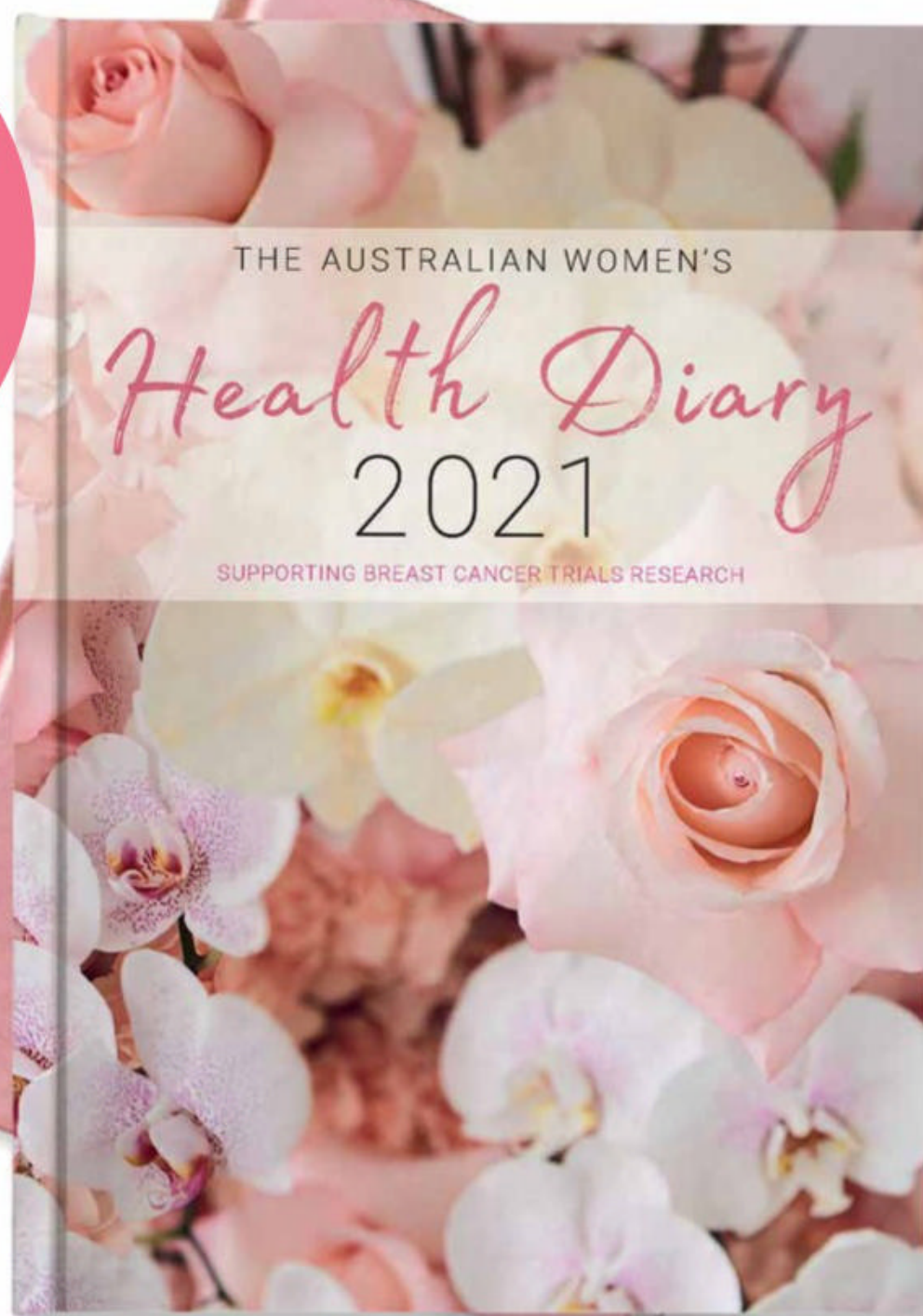
The 2013 Australian Dietary Guidelines suggests a 65g cooked serving of lean unprocessed red meat per day, or a limit of 455g per week, is appropriate to include as part of a balanced diet for a healthy adult.

More recent guidelines released by the Heart Foundation in 2019, suggest a limit of 350g a week for unprocessed red meat; while processed or deli meats (e.g. ham, sausages, salami) should be avoided. ■



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womenshealthdiary.com.au



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living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

***Fall in love
with taking
care of
yourself.***

– Sylvester McNutt III,
author, podcaster,
public speaker



Online weight MANAGEMENT

If losing weight is one of your New Year resolutions, you might be wondering how you will go about achieving your weight loss goal. A dietitian is a good place to start, particularly if you are seeking individualised advice. But if you feel that a more intensive program with meal and exercise plans would help you on your weight loss journey, an online weight loss program might be what you are after. *DL* dietitian and diabetes educator, Dr Kate Marsh, compares some of the current programs available and what they offer.

What's on offer

We found several online programs to choose from, offering different types of eating plans, from calorie restricted to carbohydrate-controlled to intermittent fasting. They also offer a variety of tools to help you to lose weight and stay motivated including meal plans, recipes, exercise plans and instructional videos, progress trackers and community support.

What to look for

With a number of online weight loss programs to choose from, here are a few things to consider when deciding which program might best suit your needs:

■ Customisable eating plans.

Are the meal plans the same for everyone doing the program or can they be customised to your food preferences and nutritional needs? For example, if you follow a gluten-free, lactose-free, vegan or vegetarian diet, do they offer these options?

■ Exercise plans and instruction to suit your fitness level and resources.

Do they offer exercise programs for different fitness levels? If you are working out at home, do you need any special equipment? If you have a gym membership, do they provide exercises you can do in the gym?

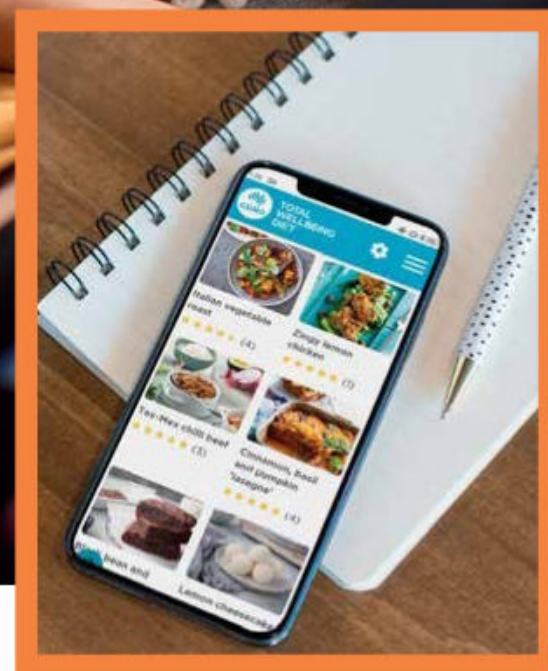


■ **Tracking your progress and keeping motivated.** What kind of goal setting and tracking tools do they provide? If the program runs via an app, do you have a smartphone and do you like using phone apps?

■ **Time commitment.** How much time does the program take each week? Consider the time to watch videos, track your progress, shop for and cook meals and fit in the recommended exercise sessions.

■ **Support.** What type of support is provided and how often? Most programs offer community forums while others also offer some online individualised support. If their online support is via a Facebook group, do you have a Facebook account and are you comfortable using Facebook?

■ **Suitability.** Will the program be safe considering your current health conditions (both diabetes and other health issues) and medications?



CSIRO 12-WEEK TOTAL WELLBEING DIET

How it works:

Sign up at any time to get access to the 12-week online program, providing meal and exercise plans and online tracking tools to help you to lose weight. There is also a special edition for prediabetes and type 2 diabetes, aimed at helping you lose weight and improve blood glucose levels.

What's included? The special edition for prediabetes and type 2 diabetes includes:

- 12 weeks of carbohydrate-controlled meal plans along with shopping lists and recipes.
- Exercise plans you can do at home.
- Reminders and tracking tools

to help you to stay on track.

- A community forum to provide support and share information with other program members.

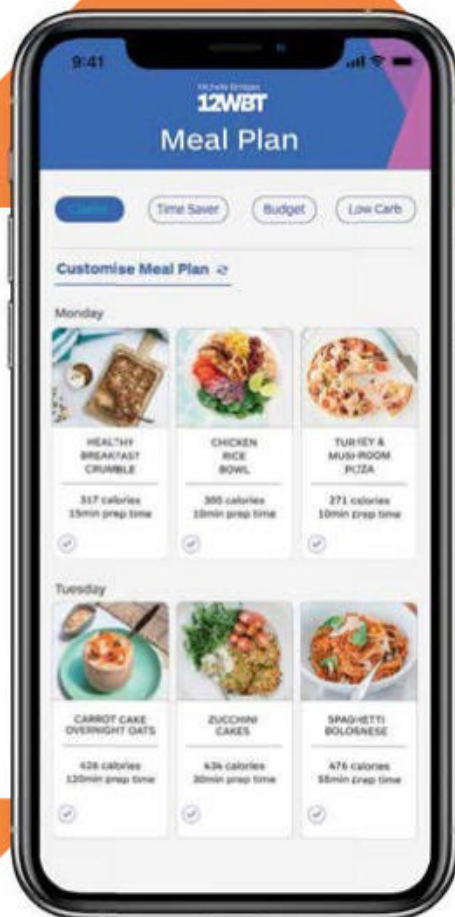
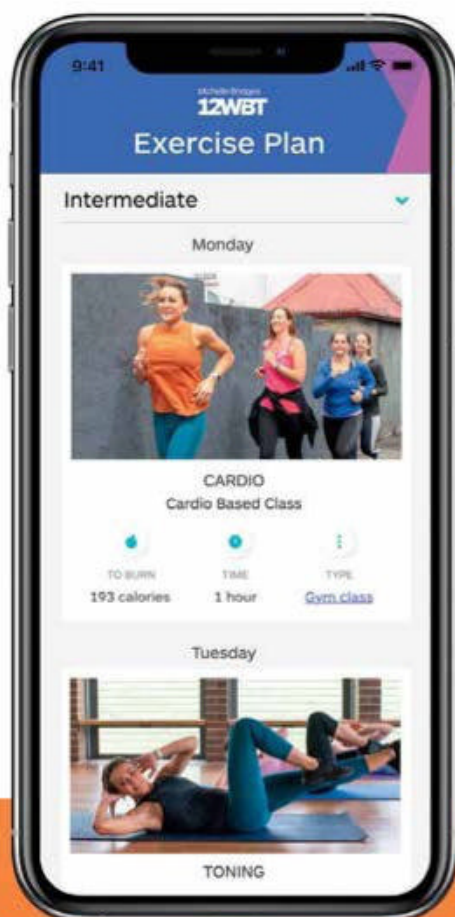
Length of program: 12 weeks.

Cost: \$199 for the regular program or \$299 for the premium program, which includes 1-on-1 online support from an Accredited Practising Dietitian.

If you successfully complete and stick to the program, you may also be eligible to have your program fee refunded.

Visit: totalwellbeingdiet.com/au/12-week-program/prediabetes-and-type-2-diabetes/

weight loss



MICHELLE BRIDGES 12-WEEK BODY TRANSFORMATION

How it works:

Sign up for the next round (they run four times per year) for access to the 12-week program providing customisable meal plans, exercise programs and mindset videos. The program also includes a 6-week pre-season, to help you get prepared for the main program.

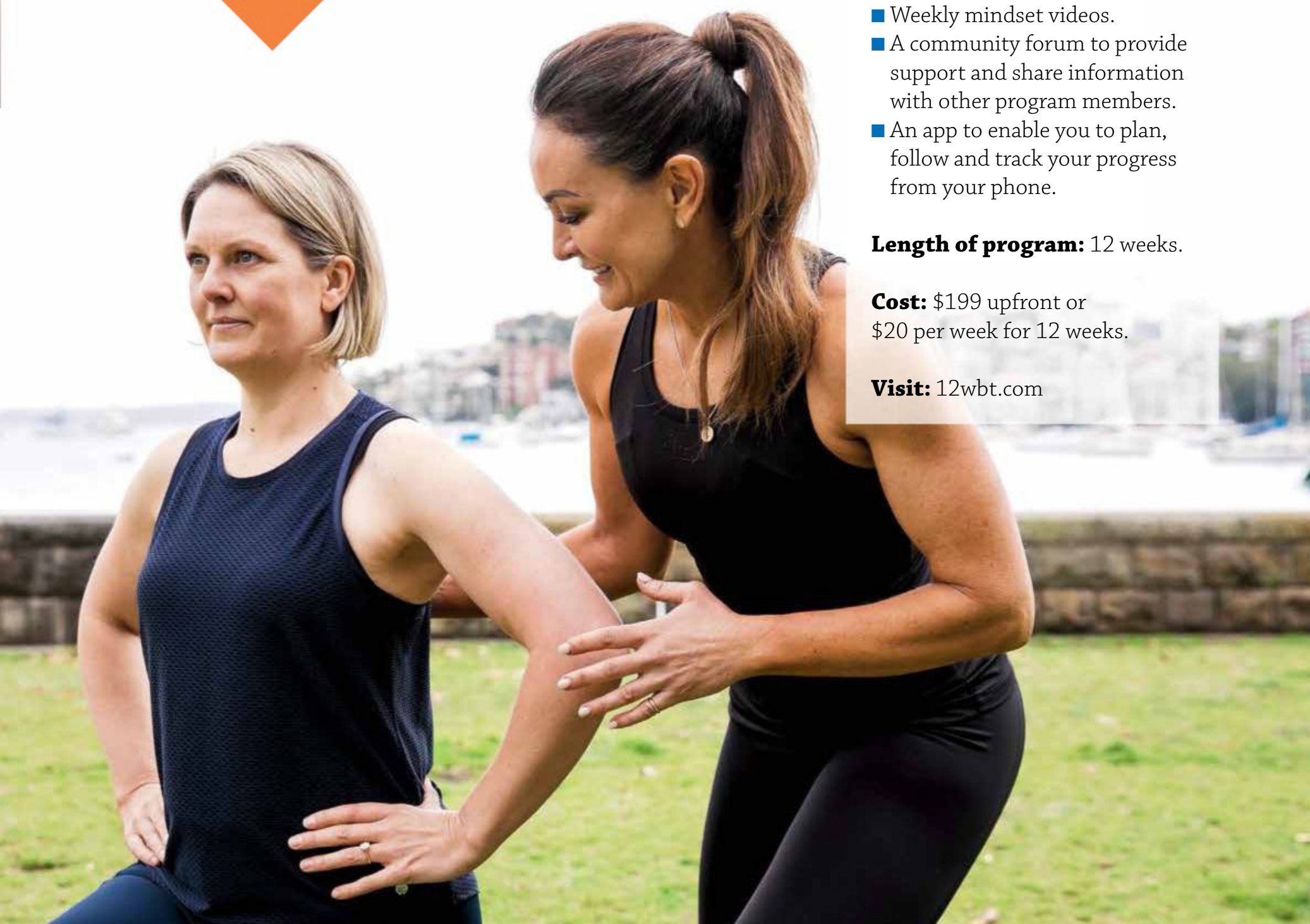
What's included?

- 12 weeks of customisable meal plans and recipes, with options for eight different dietary preferences.
- Weekly workout plans and videos suitable for the gym, home or outdoors.
- Weekly mindset videos.
- A community forum to provide support and share information with other program members.
- An app to enable you to plan, follow and track your progress from your phone.

Length of program: 12 weeks.

Cost: \$199 upfront or \$20 per week for 12 weeks.

Visit: 12wbt.com





weight loss

WEIGHT WATCHERS DIGITAL

How it works:

Once you register, you complete a personal assessment to provide information on your eating habits, food preferences, lifestyle, and activity level. You then get matched with a food plan that guides you toward food choices that fit around your lifestyle and your app will be personalised with the information and tools to help you reach your weight loss goals. Rather than set meal plans, a points system is used to help you make healthy food choices.

What's included?

- Meal plans and guides.
- An app to follow the program and track your progress.
- Digital tools including a recipe building and food barcode scanner.
- 24/7 live chat support with a coach.
- A community online forum to provide ideas, inspiration and support from other members.
- An app to enable you to plan, follow and track your progress from your phone.

Length of program: 3, 6 or 12-month plans.

Cost: \$118.50 for the 3-month plan.

Visit: [weightwatchers.com/au/ourprogram](https://www.weightwatchers.com/au/ourprogram)

SUPERFAST DIET

How it works:

Based on the book of the same name this program is based around intermittent fasting and allows you to choose from part-time fasting (2 or 3 days per week of a very low energy intake) or part-day fasting (restricting your eating to an 8-hour window).

What's included?

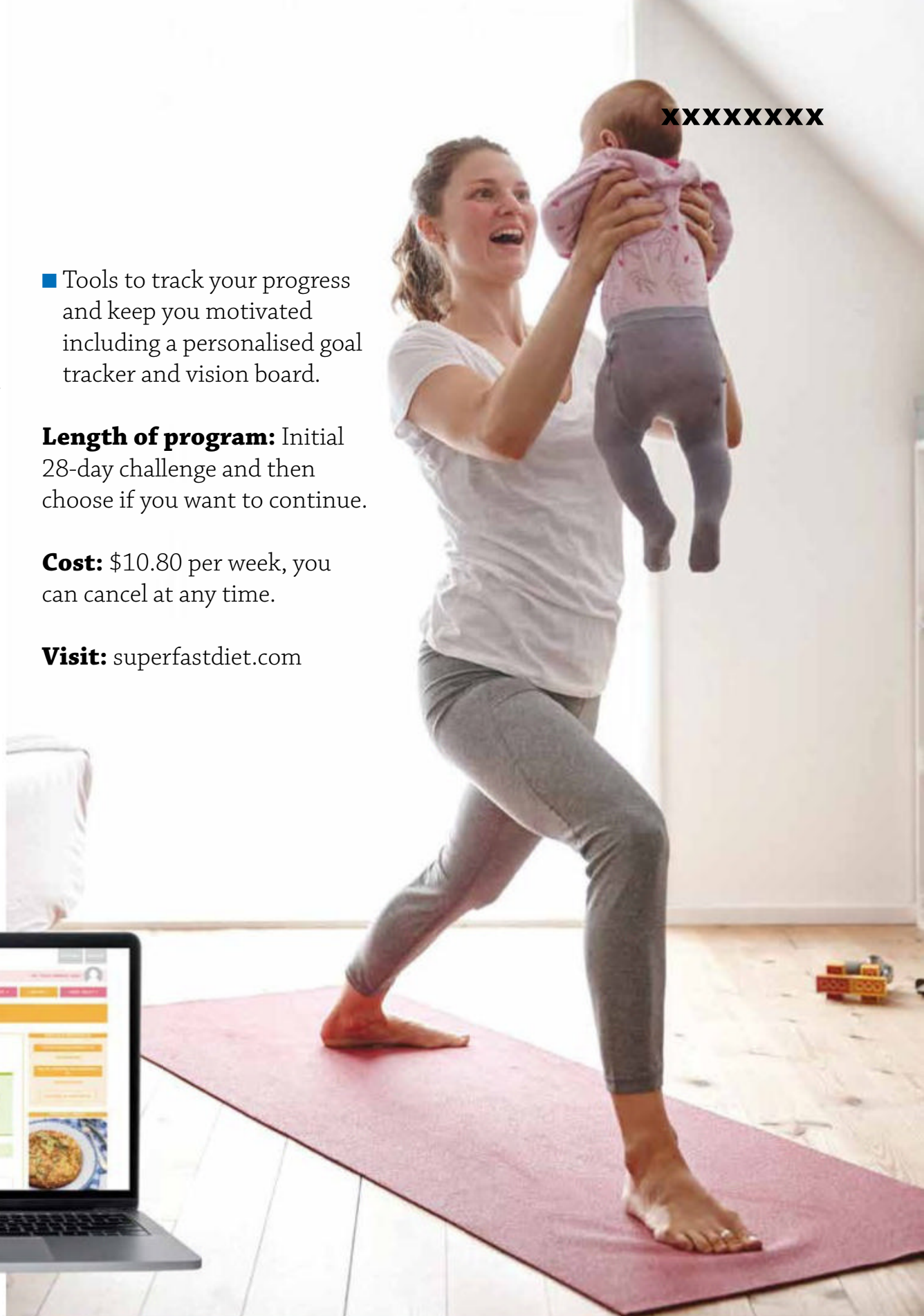
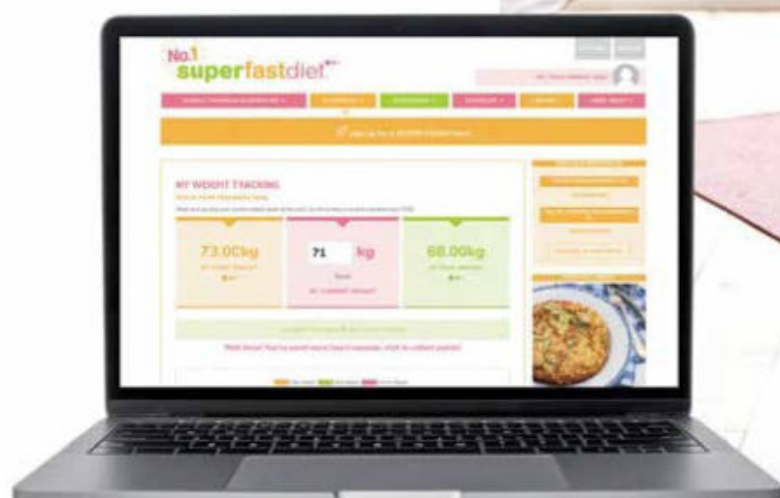
- Recipes, shopping lists and sample meal plans.
- Easy to follow exercise videos from personal trainer Shannan Ponton.
- Mindset, yoga and meditation videos.

- Tools to track your progress and keep you motivated including a personalised goal tracker and vision board.

Length of program: Initial 28-day challenge and then choose if you want to continue.

Cost: \$10.80 per week, you can cancel at any time.

Visit: superfastdiet.com



XXXXXXXXXX



>> Considerations if you take diabetes medications

If you are taking insulin or medications to manage your diabetes, a change in your eating and losing weight may mean your medications need to be adjusted. If you are starting a weight loss program where the energy intake, carb content or meal timing are significantly different to your usual diet, it is essential that you speak to your doctor first.

>> Individualised weight loss advice

If you would prefer weight loss advice tailored to your individual needs, particularly if you have complex health issues, consider making an appointment with an Accredited Practising Dietitian (APD). An APD can help develop an individualised eating plan taking into account your health and nutrition needs and food preferences. You can search for an APD by location or area of expertise by visiting daa.asn.au/find-an-apd/ ■

Sweet Substitutes

Just how healthy – and safe – are sugar substitutes when it comes to managing diabetes?

The family of low-kilojoule sugar substitutes has almost quadrupled since the 1990s. Those familiar pink and blue packets are now joined by dozens of other granular, icing, liquid, and brown-sugar-like products, not to mention a host of packaged foods that incorporate sugar substitutes. All of these products can be helpful if you're trying to limit kilojoules or carbs, but how do you know which options to choose?



All About Sugar Subs

WHAT KINDS ARE THERE?

Nonnutritive sweeteners

include saccharin, aspartame, acesulfame potassium, sucralose, neotame, advantame, stevia, and monk fruit extract. The first six are developed in a lab, which is why they're often called "artificial sweeteners." Stevia and monk fruit extract are the newest additions to the market and are both plant-based, meaning their sweetness is derived from plants. They're marketed as "natural" sugar substitutes, although research has not suggested that "natural" necessarily offers an advantage over artificial.

Sugar alcohols include erythritol, xylitol, mannitol, and sorbitol. They are often used in sugar-free sweets and in sugar-replacement baking blends. Sugar alcohols are bulkier than nonnutritive sweeteners, which can make them a better replacement for sugar in baked goods. Created by changing the configuration of a sugar molecule, sugar alcohols are only partially digestible. Only the digestible components provide calories and carbohydrates to the body and impact BGLs. They can have a small impact on BGLs, particularly if consumed in larger amounts, but have a smaller impact than sugar. However, they are not as sweet as sugar, so more is often needed to reach the same level of sweetness. Also, for some people, the undigestible components can trigger digestive issues when eaten in excess. (Erythritol tends to cause fewer GI issues than other sugar alcohols.)

HOW SAFE ARE THEY?

Current evidence says that all of

these options are safe. Before each product was approved for use in food products or could be sold to consumers, the government requires a significant amount of research and data showing there is no harm in consuming them.

Even though these products are approved, some people are still wary of the unknown long-term effects, particularly when it comes to cancer risk. This largely stems from saccharin being associated with an increased cancer risk in rats in the 1970s. However, there have been over 30 human studies since then that have not supported a saccharin-cancer connection, and there is no conclusive research to suggest an association exists between cancer and any low-calorie sweeteners on the market. With that being said, we can only study sugar substitutes for as long as they have been in use, which means we don't yet know the effects of consuming many of them for more than 20 years or over a lifespan.

CAN THEY HELP ME MANAGE MY BLOOD GLUCOSE LEVELS?

Diabetes Australia states "small amounts of sugar as part of a balanced meal plan shouldn't have a large effect on blood glucose levels". While you can replace large amounts of sugar with sweeteners, foods and drinks that contain an alternative sweetener – such as diet soft drinks and sugar-free lollies – are best enjoyed occasionally. Research to date shows that nonnutritive sweeteners alone do not increase blood glucose. And while sugar alcohols can affect blood glucose, they typically have less of an impact than other carbohydrates like sugar.

If you currently consume a lot of processed products with added sugars, switching to sugar substitutes may be a useful strategy to help you cut down on kilojoules and carbs. But remember that sugar substitutes are just one part of an overall diet. Everything else you eat plays a role too. Other ingredients and kilojoules in a sugar-free product can impact your blood glucose, weight, and appetite, as will all the other foods you eat.

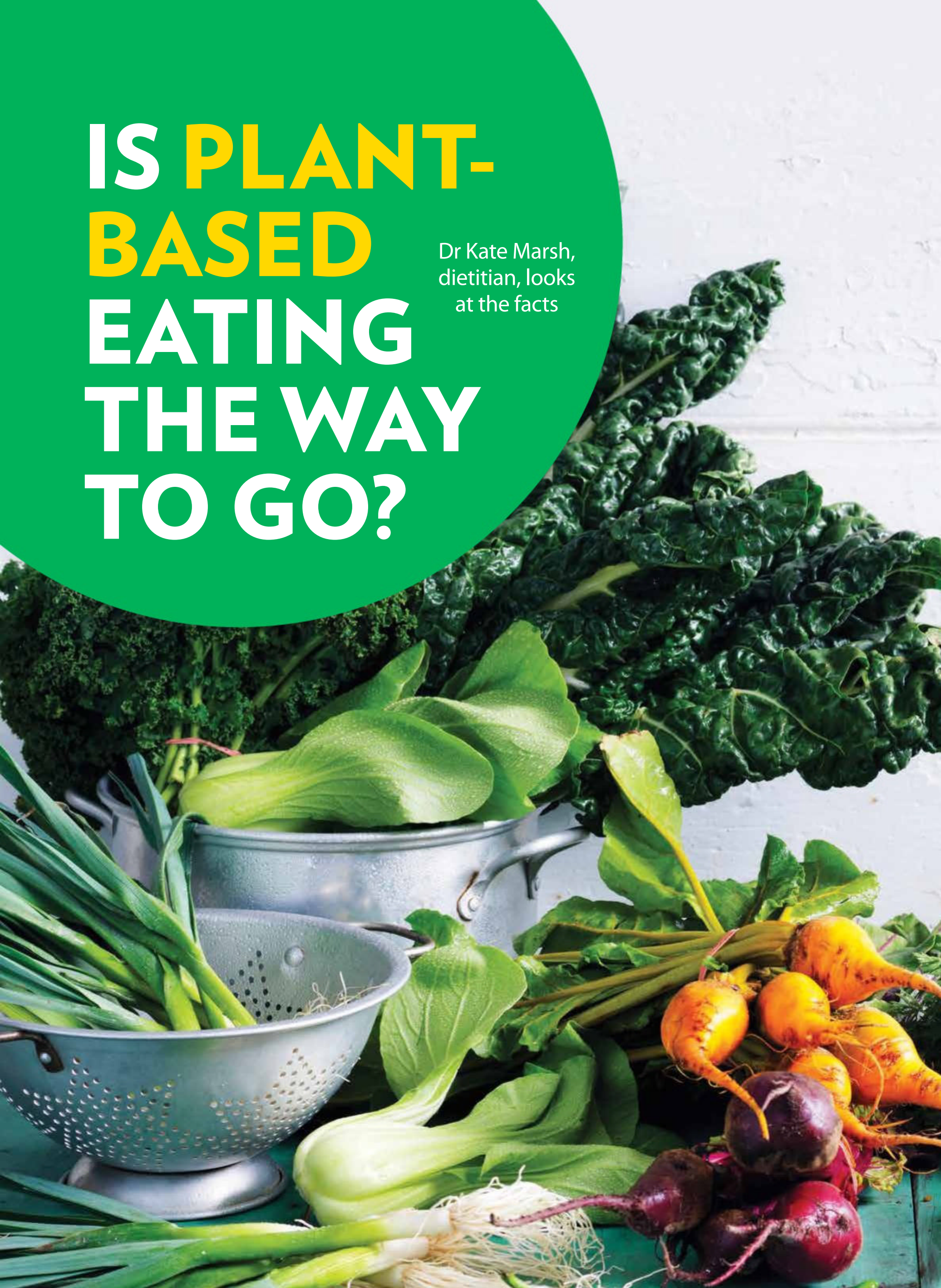
SO HOW DO I CHOOSE A SWEETENER?

When it comes to managing diabetes, research doesn't show that any one low-calorie substitute is a better choice over another. Which means the choice comes down to taste and personal preference. Since genetics influence taste bud receptors, everyone perceives tastes slightly differently. The bottom line: If you find a sugar-free product that satisfies your sweet tooth and fits in your budget, it's likely a good option for you. Just don't go overboard – enjoy it in moderation.

Another factor to consider is how the sweetener will be used. Some products are better suited to heat than others. For example, sucralose, stevia, monk fruit, and xylitol are all heat stable, while saccharin and aspartame are not. When baking, it's especially important to choose a sweetener that's heat stable. Sweeteners that can replace sugar in a 1-to-1 ratio in recipes, and sugar substitute blends specifically designed for baking (such as Natvia and Natvia Brown Sugar Alternative) typically yield the best results. Make sure to check the Nutrition Facts panel on baking blends: many contain some sugar, which will affect blood glucose levels. ■

IS **PLANT-BASED** EATING THE WAY TO GO?

Dr Kate Marsh,
dietitian, looks
at the facts



The number of Australians adopting a vegetarian diet is on the increase. In fact, research conducted by Roy Morgan shows a slow but steady increase in the number of Australian adults who report following a vegetarian diet from 1.7 million (9.7 per cent of the population) in 2012 to 2.2 million people (11.2 per cent) in 2014 to nearly 2.5 million (12.1 per cent) in 2018. And this was before the more recent rise in interest in plant-based diets.

At the same time, an increasing number of people are ditching key plant foods such as wholegrains, legumes, fruit and starchy vegetables, in favour of low-carb high fat and/or protein diets such as Paleo, keto, and the more extreme Carnivore diet that consists entirely of animal-sourced foods. And Australians are big consumers of animal protein – according to the FAO, the average Aussie consumed around 46kg of meat and 43kg of poultry in 2019.

So, which is the right choice if you have diabetes? Should you be going meat-free? Or eating more animal protein in place of carb-rich plant foods?

Vegetarians and vegans are less likely to develop type 2 diabetes.

A 2017 review of 14 observational studies looking at the association between vegetarian diets and diabetes found that the odds of developing diabetes was 27 per cent lower in those following a vegetarian diet compared to non-vegetarians.

In one of the largest studies, those following a vegan diet had almost half the risk of having type 2 diabetes compared to non-vegetarians, even after adjusting for weight and other lifestyle factors that might affect diabetes risk. What's more, the reduction in risk became smaller as more animal products were consumed. Lacto-ovo vegetarians had a 46 per cent lower risk, pesco-vegetarians had a 30 per cent lower risk and semi-vegetarians had a 24 per cent lower risk than meat-eaters.

The researchers also took a subset of participants in the study who didn't have diabetes at the start of the study and followed them for two years. Those eating a vegan diet were 63 per cent less likely to develop diabetes over this time and lacto-ovo vegetarians were 38 per cent less likely to develop diabetes.

High intakes of red and processed meats increase type 2 diabetes risk.

At least 25 studies have been published looking at the relationship between meat intake and risk of type 2 diabetes, and the majority have shown a positive association, meaning that the more meat you eat, the higher your risk of diabetes. The highest risk is with processed meats, likely due to the chemicals used in processing, but unprocessed red meat also appears to be a problem.

There are a several components of red meat which might explain this risk but an important one is the iron in red meat, known as haem iron. This type of iron is well absorbed by the body, which is why red meat is usually promoted as the best source of iron. The downside is that too much iron is a problem and unlike plant sources of iron (called non-haem iron) whose absorption depends somewhat on our body's iron stores, haem iron absorption isn't controlled and can build up and contribute to disease risk. Both haem iron intake from our diet and high iron stores in the body have been linked with type 2 diabetes risk.



Plant protein beats animal protein when it comes to diabetes.

It's not just red meat that's a problem. Animal protein itself has been associated with diabetes risk. A 2019 meta-analysis combining the findings of 21 studies looking at dietary protein intake and risk of type 2 diabetes found that high intakes of total protein and animal protein were associated with an increased risk of type 2 diabetes while a moderate plant protein intake was associated with a decreased risk. And a review of thirteen studies found that replacing animal protein with plant protein reduced HbA1c fasting glucose and fasting insulin levels in people with diabetes.

Vegetarian diets have been shown to be more effective for managing type 2 diabetes than a diet based on general healthy eating guidelines for diabetes.

A 2018 review of nine randomised controlled studies found that, compared to control diets (including those of several diabetes associations), plant-based diets were associated with significant improvements in emotional wellbeing, physical wellbeing, depression, quality of life, general health, HbA1c levels, weight and total and LDL ('bad') cholesterol levels.

The largest of these studies involved 99 individuals with type 2 who were asked to follow either a low-fat vegan diet or a diet based on the American Diabetes Association (ADA) guidelines. After 22 weeks, the vegan group had a greater reduction in BGLs, cholesterol levels and urinary albumin levels (a sign of early kidney disease). They also lost twice as much weight and 43 per cent were able to reduce their

diabetes medications, compared to only 25 per cent of the ADA group. After 74 weeks the vegan dieters still had greater reductions in blood glucose and cholesterol levels, and 35 per cent were taking less medication, compared to 20 per cent of the ADA group.

A second study of 74 people with type 2 who followed either a low-fat vegetarian diet (the only animal foods allowed was one low-fat yoghurt per day) or a healthy control diet for 24 weeks also found better results with the vegetarian diet. This group achieved greater weight loss, reductions in waist circumference, reductions in abdominal fat and improvements in insulin sensitivity. Like the first study, 43 per cent of participants in the study were able to reduce their use of diabetes medications, compared to only 5 per cent of the control group.

Vegetarian diets reduce the risk of heart disease.

People with diabetes are up to four times more likely to have a heart attack or stroke than someone without diabetes, and are more likely to develop heart disease at an earlier age. Adopting a plant-based diet is one way you can reduce your risk. Research has consistently shown a lower risk of heart disease in vegetarians and vegans, while high intakes of red and processed meats are associated with an increased risk of heart disease and stroke.

Vegetarian diets may be better for your kidneys.

High intakes of protein, particularly red meat, can increase the progression of chronic kidney disease. And in studies with people with both type 1 and type 2, replacing animal protein and red meat with vegetable and soy protein, has been shown to improve kidney function.

Vegetarian diets can help with weight management.

Carrying extra weight increases type 2 diabetes risk and makes it harder to manage all types of diabetes. Even modest weight loss can improve insulin sensitivity and reduce blood glucose levels and medication needs. Several studies have shown that vegetarians are less likely to be overweight than meat-eaters and that vegetarian diets lead to better weight loss. Weight gain has also been shown to be lower in those who adopt a diet containing fewer animal foods.

In one study where participants were randomly assigned to one of five different diets, the vegan diet group lost the most weight (7.5kgs over 6 months), closely followed by vegetarians (6.3kgs). The fish-eaters, semi-vegetarians and non-vegetarians only lost about half as much weight (3.1-3.2kgs).

*Who's
eating
(or not
eating)
what?*



WORDS DR KATE MARSH; PHOTOGRAPHY GETTY IMAGES



Vegetarian diets are a healthier low-carb option.

Research on vegetarian diets shows that you don't need to cut carbs to prevent or manage diabetes. But, if you prefer to keep your carb intake lower, it's important to consider the source of fat and protein in your diet. A low-carb diet high in animal fat and protein has been found to increase your chances of dying of any cause by 23 per cent, your chance of dying of heart disease by 14 per cent and your chance of dying of cancer by 28 per cent. A vegetable-based low-carb diet, on the other hand, is associated with a reduced risk of death from all causes and from heart disease. So, if you're going low-carb, make sure most of your protein comes from plants.

What does this mean for you?

Research suggests there are many reasons to go plant-based if you have diabetes or want to reduce your risk of developing type 2. And even if you're not quite ready to become vegetarian, just cutting down on red meat and incorporating more plant-based meals will provide many health benefits.

A great way to start is by adopting Meat-Free Mondays (meatfreemondays.com), and checking out our recipes from page 43; then gradually building in more vegetarian meals over time. Or, if you are ready to go all-in, consider giving Veganuary a try – visit veganuary.com for more details and to register. ■

Flexitarian eats a mostly vegetarian diet but still occasionally eats meat, chicken and fish.

Pesco-vegetarian eats fish and seafood but no red meat or chicken.

Lacto-ovo-vegetarian eats dairy foods and eggs but no meat, poultry or seafood.

Lacto-vegetarian eats dairy foods but not eggs, meat, poultry or seafood.

Ovo-vegetarian eats eggs but no dairy foods, meat, poultry or seafood.

Vegan doesn't eat any animal products including meat, poultry, seafood, eggs and dairy foods.



slay the **SLUMP**

Motivation can ebb and flow. These tips can help you stick with your healthy habits, even when your resolve dips

Write your why

Next time you feel in control of your health, pull out your journal or a note-taking app and jot down how you feel, recommends licensed mental health provider and behavioural health coach Alexis Elliott. On days you struggle, look back at those notes to remember your end goal. Better yet, use them to create an affirmation or mantra – “I’m powerful” or “I’m confident” – and write it on your bathroom or entryway mirror with a whiteboard marker.

Prioritise

You don’t have to be 100 per cent perfect to live a long, healthy life with diabetes, says certified medical-surgical registered nurse and diabetes educator Megan Muñoz. Consider the one or two things that make the biggest impact – for instance, checking your BGLs before meals and remembering to take your medications on time. When life goes haywire, focus on those, even if other things fall by the wayside. On calmer days, think through ways you might be able to simplify your care, such as asking your doctor about combination or long-acting drug formulas.

Plan, then plan again

You know diabetes management involves thinking ahead. Take your strategising a step further and develop a solid plan B – or even a plan C or D – to prepare for the inevitable days that go off script. For instance, scope online menus and identify a few healthy takeaway options for days you don’t have time to cook. Download a workout app you can use for days you can’t make it to the gym – KinetiCoach, for example, offers free, personalised routines. That way, you don’t have to make decisions on the fly when you’re already stressed out.

Celebrate success

“We tend to dwell on what went wrong, but even when your day blows up, you still likely did some things well,” says Muñoz. Pinpoint what worked and congratulate yourself! As for the moments that didn’t go so well, rather than beat yourself up, consider how you’ll handle the situation differently next time. Think of your diabetes management as an experiment of one: you’re always tinkering to see what works best for you. ■



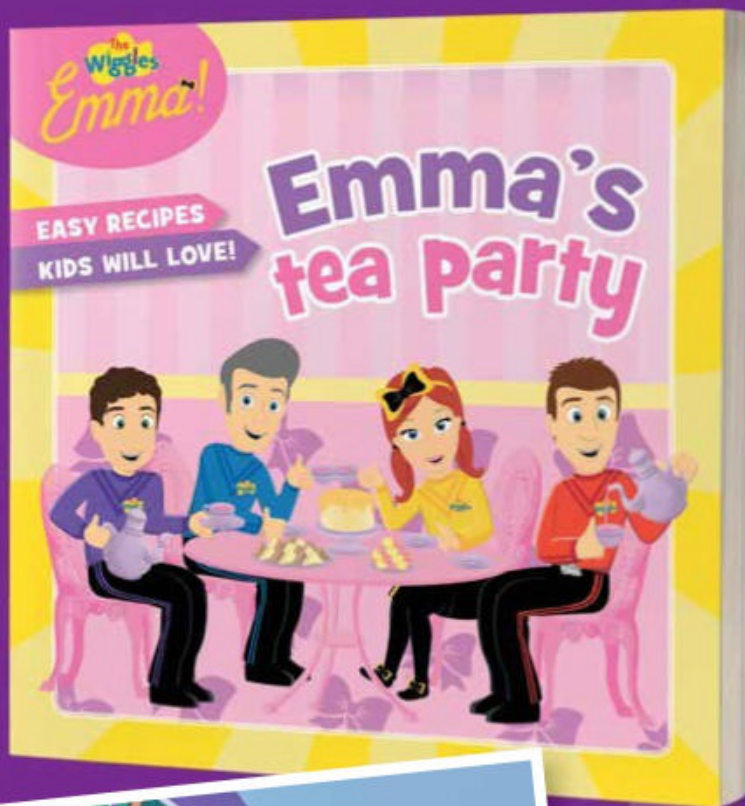
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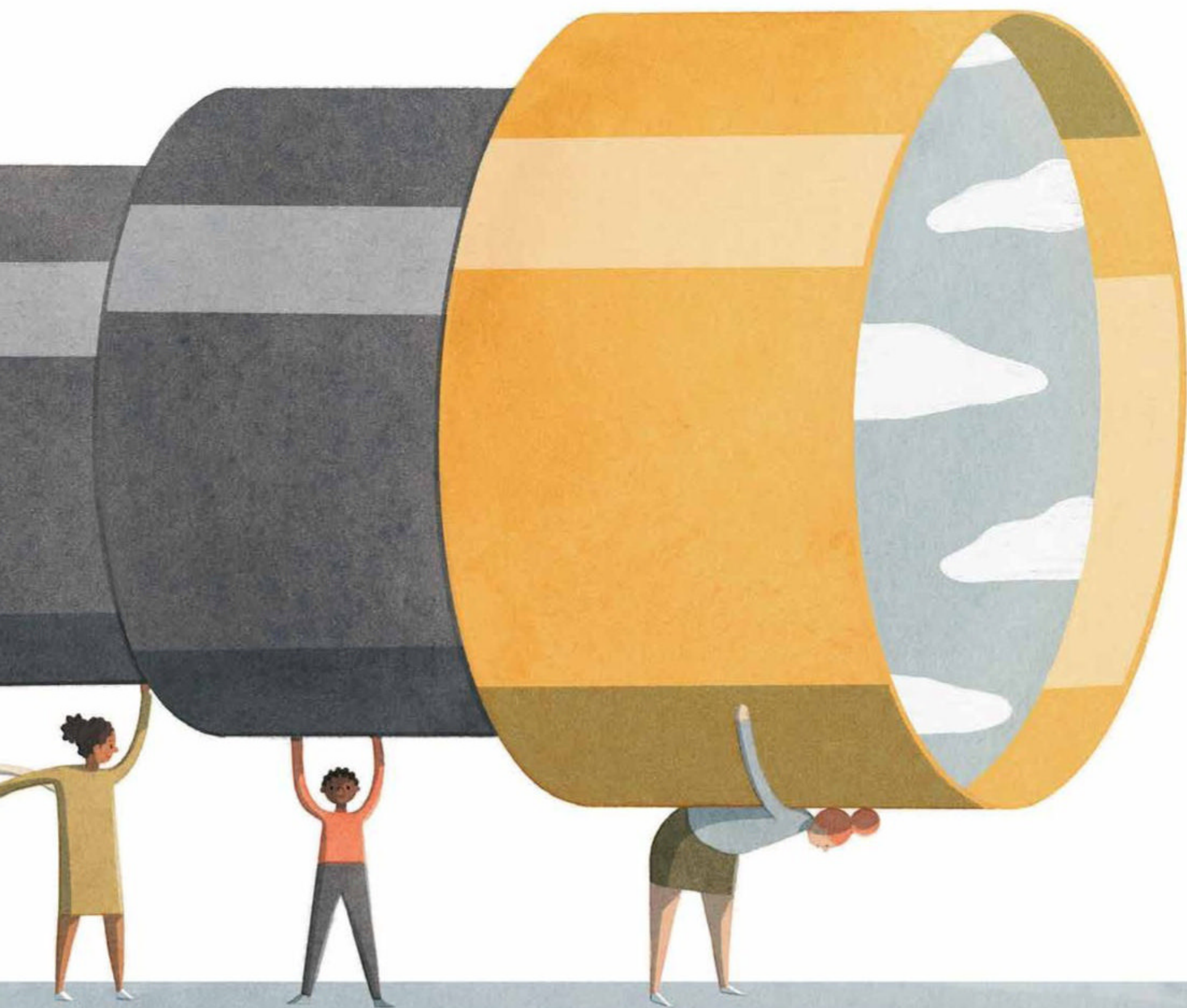


www aremediabooks.com.au

Taking an up-close look at your diabetes care can help you see past the day-to-day and move forward in a way that best supports your goals. We'll walk you through four areas to help you connect with your needs and rethink your care



CHARTING



YOUR COURSE

Your community

Connecting with people who understand you can shake up how you view your own diabetes care. Thankfully, it's easier than ever.

The global diabetes community is 463 million adults strong (and counting). That's nearly one in 10 people, all of whom can offer each other support, understanding, and empowerment. When you're active in the diabetes community, it not only helps others with diabetes thrive, it also raises diabetes awareness for the 374 million people at risk of developing type 2 diabetes. Plus, research suggests that having social support – from peers, family, diabetes educators – encourages self-care and reduces the burden of day-to-day management. We also know that engaging in the diabetes online community boosts the likelihood of having lower blood glucose levels and a higher quality of life. Pretty sweet, huh? Here are a handful of ways you can get involved:

Meet peers face-to-face in your area. Ask your health care team for nearby meetup or support group recommendations, check Facebook groups you are in, as well as the events section of your state or territory's Diabetes organisation (i.e. Diabetes NSW and Diabetes WA). Alternatively, you can try Meet Up (meetup.com) or diabetes foundations in your region (such as Type 1 Foundation) for any opportunity to meet others.

While we continue to live in a world with COVID, not all support groups are meeting up in person.

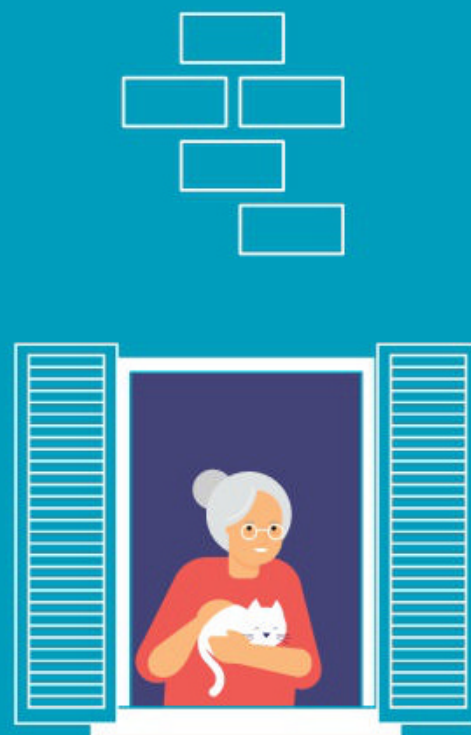
If you do manage to meet up with others, ensure you are following COVID guidelines.

Join a diabetes forum (such as DiabetesDaily.com) and Facebook Groups (our favourite is "Diabetes Support Australia and New Zealand"). Look at past posts and answers, ask questions, or provide advice to others.

Tune in to a diabetes podcast or YouTube channel. Our favourite inspirational channel is "Diabetics Doing Things". Available both as podcasts and on YouTube, you will hear the stories of others living with diabetes, how they manage their diabetes and how they handle their life.

Simply go to wherever you listen to your podcasts (i.e. Spotify and Apple Podcasts) or YouTube.com, search "diabetes" and find a channel that works for you.

Follow people living with diabetes on Instagram and Twitter. Many share insights into their lives, how they manage their diabetes and encourage you to live your best life despite the diagnosis. Also check out and use hashtags on Instagram and Twitter, including: #dsma, #diabetes, #diabetescommunity, #diabetesawareness, #diabadass, #notthetype, #diagnosednotdefeated



Sharing wisdom: How to thrive with diabetes

VICTORIA MATTHEWS, 54

Avid traveler, type 2.

"Diabetes brings up many emotions: surprise, guilt, anger, frustration, defiance. When you feel overwhelmed, take a deep breath, do your research, and learn how best to manage your diabetes – not the diabetes that someone else has."

BUTCH QUICK, 62

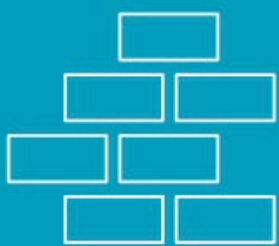
Personal trainer, type 2.

"Finding a community and a workout partner are very important for sharing info and thriving. You are not alone – and as soon as you realise that, it will get easier."

ERIN MYERS, 30

Host of the Discovering Strength podcast, type 1.

"You are so much bigger than this disease. Take control of diabetes – don't let it control you. You possess the power to turn your situation around and make it something worth fighting for!"



ASHLEY NG, 30

Diabetes researcher and advocate, type 1b.

“Diabetes has taught me compassion for myself and for others; we never know another person’s journey or what they’re currently going through. Bottom line: Be kind – to yourself and others.”

KRIS MAYNARD, 43

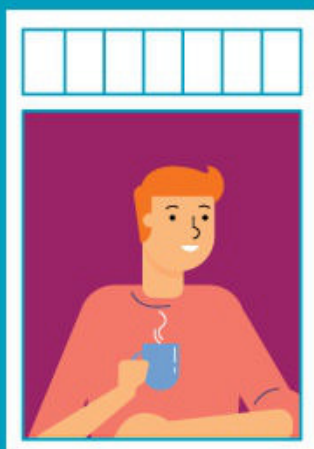
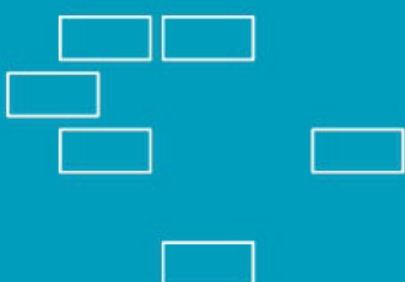
Founder of Glucose Revival (medical alert necklace), type 1.

“People with diabetes have a strength like no other. When we learn to accept what we’ve been given, we see that anyone can win with diabetes.”

MILA CLARKE BUCKLEY, 30

Creator of The Hangry Woman food blog, type 2.

“For me, diabetes is a marathon. If I’m going to live with it for the rest of my life, I want to take it one day at a time and stay as healthy as I can for myself and my family.”



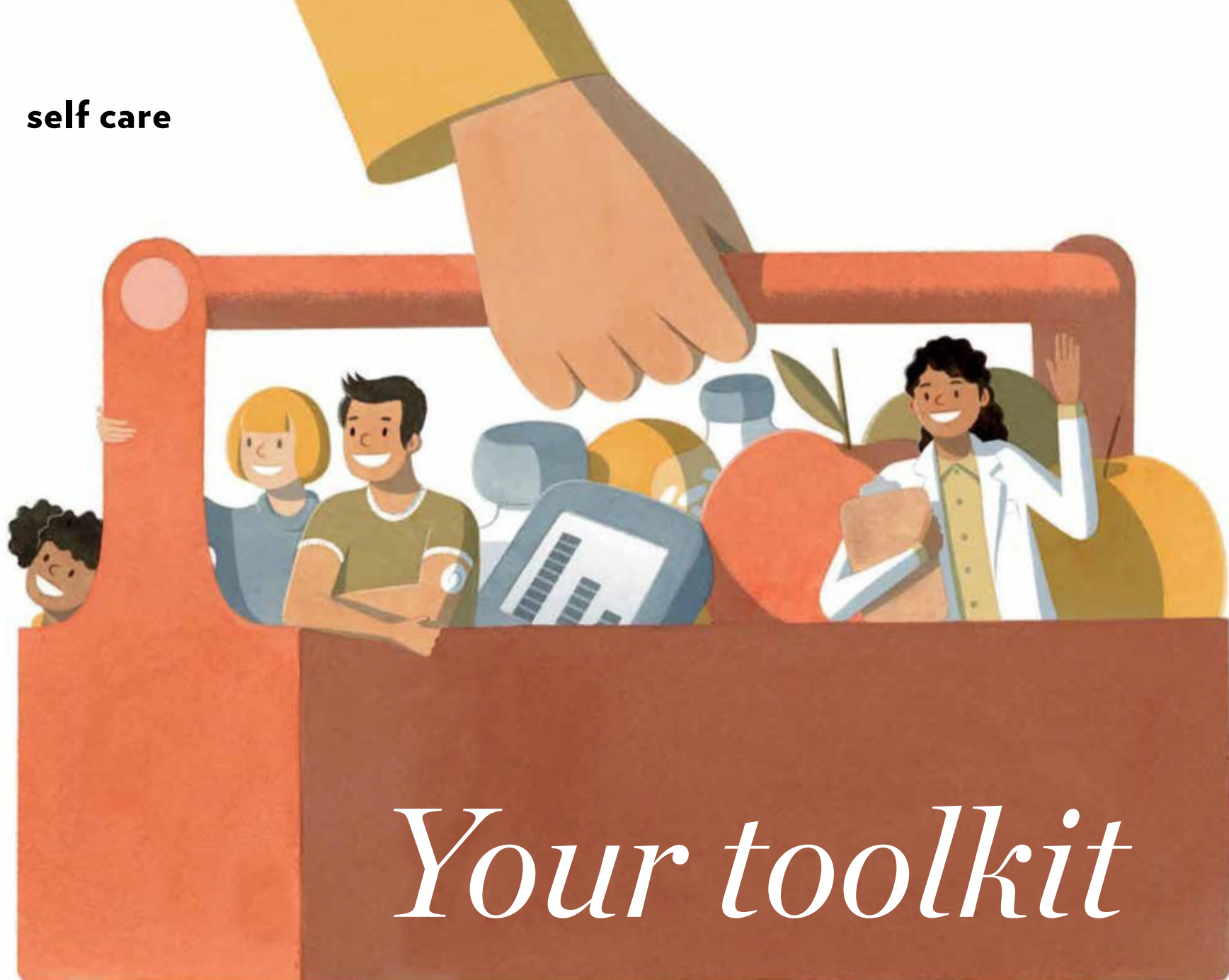
UNDERSTANDING OTHERS

Chances are, you’ll meet someone in the diabetes community who has a different type of diabetes than you. Foster an inclusive environment by learning more about each other’s similarities and differences.

Diabetes mellitus is the overarching term for a condition of frequent or persistently elevated blood glucose. The most common types are type 1 and type 2. In each, high blood glucose stems from low activity of insulin, the hormone needed to move glucose from the bloodstream into cells to make energy.

TYPE 1 Around 10 per cent of people living with diabetes have type 1; when your body produces very little or no insulin. This is usually because the body’s immune system has attacked cells in the pancreas that produce insulin. Why this rogue autoimmune response happens isn’t yet known, but it is thought to be linked to a combination of genetic and environmental factors. Subgroups of type 1 diabetes include Latent Autoimmune Diabetes in Adults (LADA), which is a slow-progressing form of autoimmune diabetes, and type 1b, or insulin loss, without a clear autoimmune cause.

TYPE 2 Around 90 per cent of people living with diabetes have type 2; when your cells cannot respond to insulin effectively. This is called insulin resistance. When it happens, BGLs rise and the body reacts by releasing more insulin. Over time, the pancreas may not be able to keep up with the demand and may eventually produce less insulin. Issues with insulin can affect many parts of the body, including the heart and blood vessels. This is why type 2 can increase your risk of other health concerns (i.e. high blood pressure and elevated triglyceride levels). There’s no single cause for type 2.



Assembling a care plan that meets your needs can ensure your treatment is efficient and effective. Start with these eight building blocks, and be sure to adapt and modify your treatment plan as your needs evolve.

Your blood glucose checks:

Checking your blood glucose levels can show you how your body responds to food, physical activity, stress, and more. It can help you see if you are on target or if you need to make any changes, and it can help you adjust your insulin dose, if you take insulin.

Your medications: Your doctor will prescribe your diabetes medications, but only you can notice how you feel on a regimen, become aware of any side effects, and decide if the cost is something you can afford. Be sure to speak up if you're not happy with any aspects of the medicines you take.

Your nutrition goals: There's no one diet or eating pattern that works for everyone, but it is important to make sure you're getting all the nutrients you need. Working with a registered dietitian is a great way to make sure you are on track with your nutrition goals.

Your regular check-ins AND appointments: Meetings with your primary care doctor, endocrinologist, diabetes educator, and other specialists are an important part of your care. Think about how you can make the most of these appointments to help you stay on track with your goals. (*See page 102 for more information on targets.*)

Your habits: Small habit shifts can go a long way in helping you manage diabetes. Your habits can help you stay active, improve your sleep, manage stress, find time to cook or meal-prep, and more.

Your skill set: Managing diabetes often requires learning new skills, such as how to better read food labels or how to count carbs. What could you learn or improve that would help you with your care?

Your things-aren't-going-as-planned plan: Having a plan for out-of-the-ordinary days can help you care for your diabetes when you are stressed, sick, or traveling.

Your support network: You're never alone! Your health care team, peers, family, friends, co-workers, and social media pals (*see page 98*) can all provide support and help you reach your goals.

Your guide to smoother blood glucose checks

Checking your blood glucose gives you the chance to check in with your body, says Toby Smithson, a certified diabetes educator and *Diabetic Living USA* advisor living with type 1 who has been checking her own blood glucose for 38 years. It gives you a window into how your food, medications, stress, and everything else in your day is affecting your BGLs. We asked Smithson for her tips for improving blood glucose checks.

CHOOSE YOUR DEVICE

You have more choices than ever when it comes to how you'll check your BGLs, thanks to a wide range of handheld meters, wearable sensors, and continuous glucose monitors (CGMs). Meters range from basic models that just read blood glucose to advanced devices that, say, help you calculate insulin dosing. CGMs can continuously measure your blood glucose throughout the day. You can scan wearable sensors, such as the Abbott Freestyle Libre, for on-demand blood glucose checks sans finger pricks, and use connected phone apps, such as with the Dexcom G6 system, to gather more data points about your blood glucose.

Dizzy yet? Here's a few things to consider:

- 1 Ease of use.** Can you read the numbers on the screen and easily use the buttons?
- 2 Data collection.** Do you want a device that saves your data or syncs wirelessly with an app?
- 3 Cost.** Do you need to pay it yourself, or are you eligible for the CGM Initiative to get yours subsidised through the NDSS?

TRY A NEW NEEDLE

If your checks are causing you discomfort, switching to a smaller needle may be less painful. If you don't want to look at a needle during BGL checks, you can try a lancing device with an enclosed needle, such as the OneTouch Delica Plus Lancets.

"Talk to your diabetes educator if you need to discuss options," says Smithson.

DECIDE WHEN YOU'LL CHECK

Life can be chaotic. (The car needs an oil change. You forgot to send Amy a birthday

card. Did you put deodorant on this morning?) But checking your BGLs doesn't have to be. Having a plan for when and how often you check can take some of the guesswork out of diabetes management – and help you gather consistent information.

It can also help you problem-solve and pinpoint what may be causing off readings. For example, Smithson likes the technique of checking in pairs. With this strategy, you check your BGLs before and after a particular time or event – such as your meals or your exercise sessions – in order to compare the two numbers and learn more about how that event affects your BGLs. "If you're having out-of-target morning readings, you'd check before bed and again before breakfast," she says. "Most people just check once a day and then forget about it the rest of the day – but paired checking gives us data so we can problem-solve."

REVISIT YOUR TECHNIQUE

"Most people think they are supposed to check their finger pads, but that's not the proper place to check. That's where all of our nerve endings are so it's going to hurt a lot more," says Smithson. Instead, she suggests checking on the sides of your fingers. "That also increases the number of choices, because every finger has two sides," she says. Switch up the spot you use each time, to help the process be less painful and avoid bruising.

TRACK YOUR NUMBERS

Keeping track of your readings can help you problem-solve and have productive discussions with your health care team. "It's a communication tool. You can say, 'This is what my readings are and I have some data to show you,'" says Smithson. You can keep track of your readings the old-fashioned way, using pen and paper, or you can choose from an increasing array of apps (such as Glucose Buddy) that allow you to log your data and print or share with your health care team. Some meters also sync wirelessly with compatible apps to automatically log and organise your results.



KNOW YOUR NUMBERS

You and your health care team can determine what blood glucose readings are the right targets for you. Diabetes Australia's suggested target blood glucose ranges are:

4-8mmol/L
BEFORE MEALS

10mmol/L
TWO HOURS AFTER
STARTING MEALS

NOTE both of these recommendations are ranges. "You're not going to get the same exact reading every time and every day. Blood [glucose] fluctuates, even for people who don't have diabetes," says Smithson.

So much of diabetes care is about the day to day. But it's just as important to think about the big picture, and what you are truly aiming for. We're not talking about lowering your HbA1c, or sticking with an exercise habit, although those things may be goals of yours. We're talking about your vision for your life as a whole. What do you want to be able to do in 5, 10, 20 years? What's the reason you are putting in the effort to care for your diabetes every day?

For many people, an overarching goal will be some variation on this theme: to keep yourself as healthy as possible, for as long as possible, so you can do what is important to you in life. When putting together your own big-picture goal, it can help to consider these questions:

- What are the most important things and relationships in my life, and why do I want to be healthy for them?
- What do I want my life to look like and how do I want to feel when I am managing my diabetes?
- What makes my effort to take care of myself worth it?

Now that you're envisioning the big picture, think about how you'll work toward it. Just like anything worth fighting for, progress takes time and dedication. Breaking your big-picture goal down into smaller sub-goals can bring clarity to the choices you make on a daily basis. For example, it might help you realise you want to be physically active every day to help you reach your vision of being independent and strong in the long run. Keeping the big picture in mind can make your smaller goals more meaningful, and can help you feel more empowered to work toward them.

Your targets

A long-term vision can remind you why all of your hard work is worth it. Here's how to choose what to aim for and stay true as you move forward.

Care for the whole you

Diabetes care isn't just about medications and blood glucose checks. It's also about finding balance, says Mark Heyman, diabetes educator, founder and director of the Center for Diabetes and Mental Health in San Diego, California, who has been living with type 1 since 1999. Here, Heyman provides five techniques for showing yourself compassion, which can help you in all parts of your life.

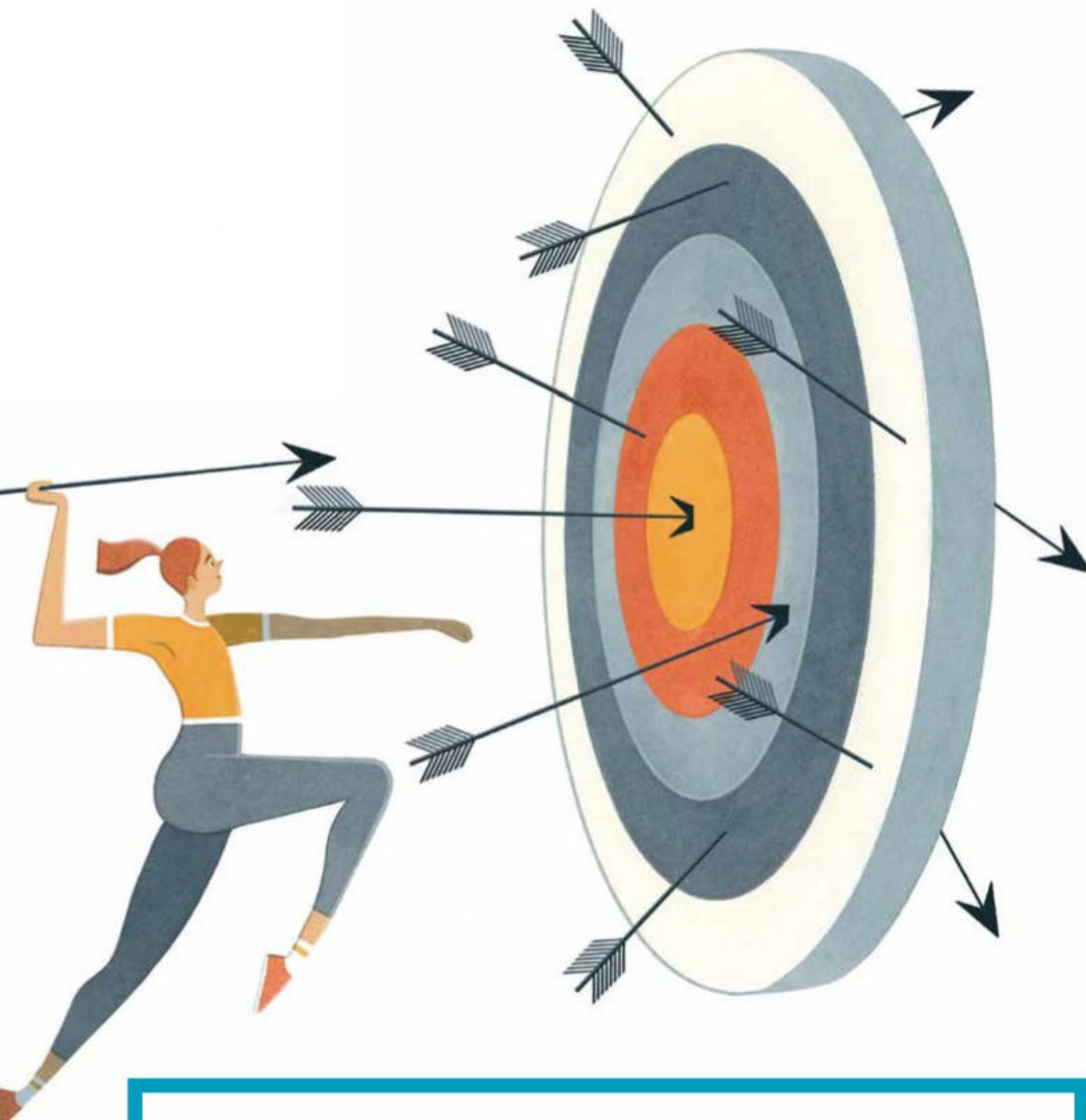
Take time for you. Set aside at least 10 minutes each day to do something you enjoy. (Your responsibilities can almost always wait!) That could be taking a walk, enjoying a cup of tea, or reading a magazine. Making these 10 minutes part of your daily routine can make it easier to cope when life gets stressful.

Stay connected. Identify the supportive people in your life and find ways to connect with them on a regular basis. Try scheduling a weekly coffee date or phone call with a friend, or start a group text with your family. Being in regular contact with your support system can make it easier to let them know when you need some extra help.

Focus on the present. Most of our stress comes from thinking about the past and the future. When you catch yourself dwelling on a conversation you had yesterday or worrying about when you'll have time to make dinner tonight, come back to the present. Put away distractions (like your phone) and concentrate on your breath. If your mind wanders, don't worry. Gently bring your attention back to your breath in the present moment.

Find gratitude. Commit to writing down three things that you are grateful for each day. The more specific you can be, the better. For example, "I'm grateful that the sun was shining during my lunch hour." Once you start looking for things to be grateful for, you might be surprised at what you find!

Be kind to yourself. It can be so easy to get down on yourself when things are not going your way. Instead, think about how you would treat your best friend, and then treat yourself the same way. Offer words of encouragement. Forgive yourself when you mess up. Celebrate when things are going well. Remember, you deserve kindness too!



Check that you're staying on track

1 Have regular conversations with your health care team. Don't just show up for your appointments - show up with an agenda, questions and answers you are looking for. Bring up what has been challenging for you lately. Ask to review your medications, and all your recent relevant numbers. Share your big-picture goal, your smaller goals, and what you have been doing to work toward them, then ask for feedback. Working closely with your health care team can help you stay headed in the right direction and be ready to act when it's time to take new steps.

2 There are many things you can do to prevent or delay complications. One of the best strategies is to get an eye and foot exam each year. An eye exam will look for signs of damage to blood vessels in the eyes, which can lead to diabetes-related retinopathy. A foot exam will look for signs of peripheral neuropathy, which is damage to the nerves in your extremities. These exams are a prevention tool: they can help you get early treatment the moment your doctor discovers even a small sign of a potential complication.

3 Managing diabetes can feel like a full-time job, but it's important to think about the other aspects of your health too. Keep tabs on your blood pressure and cholesterol, and ask if you should be taking steps to protect your heart health. Check in with your stress levels, and if things seem like too much, consider working with a mental health provider. Learn what other health conditions run in your family, and what you can do to lower your risks. Sure, these are all extra tasks to do. But taking care of your overall health can also make your diabetes management easier.

Decide what's working (and what isn't)

When it comes to managing your health, you are in the driver's seat. "Your treatment plan has to allow you to live in alignment with the choices you want to be making for yourself and your health," says Michael Lynch, type 1, a certified diabetes educator and health coach. If you're not satisfied with any part of your care, it's up to you to take the initiative to change it.

Here, Lynch offers the questions you can ask yourself to help connect with what is and what isn't working with your diabetes care. If these questions are helpful for you, Lynch suggests working with a health coach who can help you connect with yourself and your desired self-care through open-hearted, insightful questions on a regular basis.

What's working? What am I doing well in regard to my diabetes care? What habits are supporting me and are in alignment with my desire for a healthy me? Can I do any of these habits more often?

What's not working? What habits are not supporting my desire for a healthy me? Can I stop doing any of these? What is preventing me from making changes?

What's missing? Is there anything I want to be doing for my health that I'm not doing right now? What is preventing me from doing those things? Can I make any of those changes today?

What's the big picture? How do I want to be taking care of my diabetes? And why? How will I want to reflect back on how I took care of my health?



Your hurdles

No matter how good your plan is, challenges always arise. These five strategies can help you be nimble and adapt your diabetes management plan, no matter what jumps in your way.

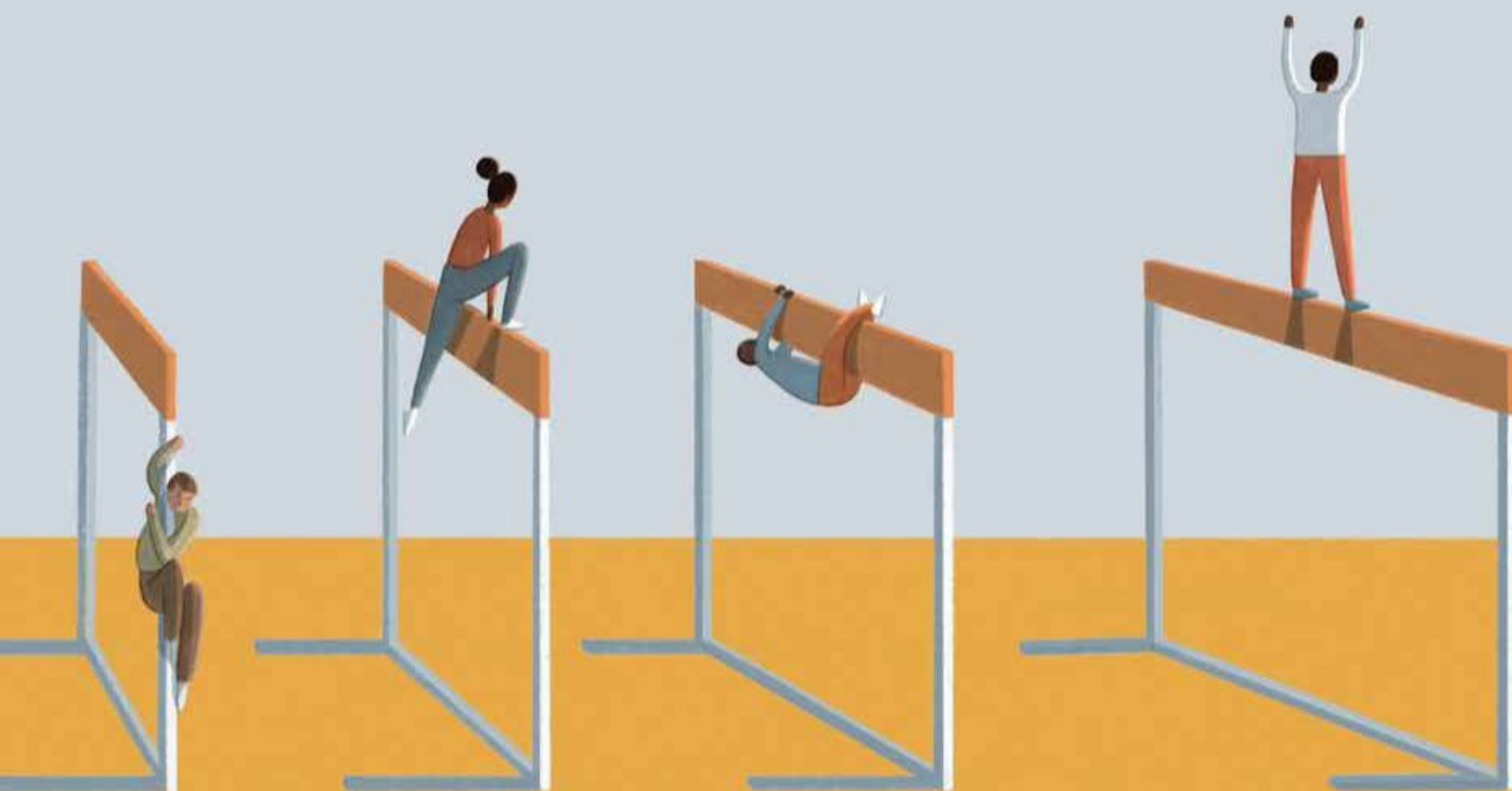
REFRAME YOUR OUTLOOK

It's not uncommon to feel like a victim now and then when you have diabetes. Finger sticks. Diet changes. Scary low blood glucose. And more. But thinking like a victim takes your power away. Reframing gives it back. Reframing is a potent skill that helps you view your circumstances from a more positive and empowering perspective. It builds resilience, which helps you deal with or bounce back from difficult

experiences. Resiliency can allow you to overcome many challenges related to diabetes. Rather than thinking of diabetes as a hassle, consider it as your reminder to take care of yourself and to model self-care for others. And when you stray from your diabetes management plan, don't call it a relapse and stew over a few kilos gained or some days of elevated blood glucose. Instead view it as an opportunity for learning, urges Mary Lou

Perry, registered dietitian and diabetes educator. Think about and visualise what you can do differently next time and who can help you.

You can reframe your language too. Instead of saying "I can't eat that" or "I can't go to that restaurant," recognise that you always have a choice. Say "I choose not to eat that because it doesn't fit with my health goals." Not only is that more accurate, it reclaims your power.



BUILD ON YOUR STRENGTHS

Forget about fixing your weaknesses; building on your strengths is the way to go. If your strengths include organising fun social activities, try inviting friends to join a hiking club or train with you for a bike race. If you have exceptional project management skills at work, pull them out at home to get your whole family involved in meal planning and prepping.

Shelby Kinnaird manages her type 2 diabetes by harnessing one of her strengths: cooking. Kinnaird has always liked to cook, so she uses it as a way to manage her blood glucose levels by cooking more often and with more thought. When she was diagnosed, she set out to learn what foods were good for her and how to make them taste great. Today she is the author of two diabetes books and the founder of Diabetic Foodie, a recipe website for people with diabetes.

PACE YOURSELF

Think of your health as a journey, and dump the idea of making sweeping changes all at once. Focus on progress instead of perfection. Kinnaird changed her diet over time as she felt ready. Biscuits became whole-grain bread, and shortcut bacon took the place of streaky bacon. She continued as it suited her. A few years ago, Sarah Brown, type 2, worked with her diabetes educator to make a small change: choosing better-for-her options at fast-food restaurants. Today, she's moved beyond fast food and nearly always plans her meals to eat at home.

FIND PEER SUPPORT

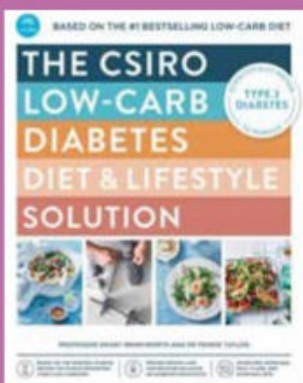
Hang out with people who are like you, suggests Kinnaird. While your health care professionals can give you good information, she says, there's nothing like a peer with diabetes to give you camaraderie, a hug, and emotional support. Connect online, in person, or both. Look for diabetes support

organisations. Check your local hospital or diabetes centre for support groups or meetups. And look for digital diabetes groups and chats on Facebook and Twitter.

IDENTIFY YOUR VALUES

Think long and hard about what you care about and what you crave out of life. "Behaviour follows values," says Perry, so getting a handle on what's in your heart will help you move forward. For example, if you value an active, vibrant life, you might realise that making time for healthful meals and regular exercise is a must. If your aim is to instill good eating habits in your kids, you may realise you need to model good eating habits yourself. If a core value is giving to others, you may be motivated to take care of yourself so you have the energy and stamina to do important volunteer work. Get started simply by asking yourself what you want your future to be like, then think about how self-care plays a role in your vision. ■

YOUR HEALTHCARE TEAM



Copyright © 2020 by Professor Grant Brinkworth and Dr Pennie Taylor. This is an edited extract from The CSIRO Low-Carb Diabetes Diet & Lifestyle Solution, published by Pan Macmillan, RRP \$36.99.



If you have type 2 diabetes, having a healthcare team to help you to understand, manage and control your symptoms, and also provide ongoing care throughout life, is important. Many people can be part of your healthcare team to help you live well with type 2 diabetes.

The team will vary depending on your stage of diagnosis and the symptoms you experience, but you are the most important member of the team. Your role in your care is vital, as you will be making the day-to-day decisions about your diabetes – and the more you know about it, the easier it will become for you.

For example, a person newly diagnosed with diabetes will gain the greatest benefit from seeing the entire team to understand how diabetes expresses itself over time, and also how best to manage your medications, diet and exercise to prevent worsening of the disease. As you become more aware of what diabetes means to you, and how your lifestyle can be adapted to improve your self-care, you may work with a smaller team to help you prevent certain symptoms of the disease, or to specifically work on areas you may have challenges with, such as dietary management.

If you are newly diagnosed, in the short term, your medical management with your GP and/or endocrinologist (diabetes specialist) will be to focus on safely bringing your blood glucose levels under control, aiming to minimize daily blood glucose variations (highs and lows). They will also make sure your blood pressure and blood cholesterol levels are managed.

In the longer term, medical management treatments are aimed at preventing or slowing the progression of the disease to reduce your risk of complications. These complications are grouped together as macrovascular diseases of the large blood vessels, such as heart attack and stroke; and

microvascular diseases of the small blood vessels, which involve poor circulation to organs and limbs, such as eye disease, kidney failure and nerve damage.

These strategies are centred around **long-term dietary management** with an accredited practising dietitian; **physical activity management** with an accredited exercise physiologist; and **medication management** with your GP. A credentialled diabetes educator (CDE) may also work with you to achieve **weight, cholesterol and blood pressure management** as needed. That is why incorporating a lifestyle modification plan such as *The CSIRO Low-carb Diabetes Diet & Lifestyle Solution* into this approach can be really effective, because **research clearly shows this plan is very effective at improving all of these health targets.**

Given that diabetes frequently goes undiagnosed in the community – with an estimated 500,000 with undiagnosed type 2 diabetes in Australia – we urge you to ask your GP to check your blood glucose levels each year. If you already have diabetes, your healthcare team will need to monitor your blood pressure, blood glucose and blood cholesterol levels regularly. Your healthcare team should always

encourage you to learn how best to manage and control your diabetes yourself (under their supervision). If you find your healthcare team doesn't support you in this way, perhaps seek a second opinion, or a GP who can support you in making lifestyle changes.

Patient-centred care: THE PEOPLE IN YOUR TEAM

Reaching out for support can be a knowledge-gathering exercise, including learning who to contact and how best to access them. When it comes to self-care, speaking to those with skills and expertise in the area of diabetes is crucial for safe and effective diabetes management.

YOUR GP (FAMILY DOCTOR)

Your GP is the first person you will see to discuss your symptoms and explore a diabetes diagnosis. If you don't have a family GP, or you don't have one with whom you feel you can openly explore your symptoms, a new GP is definitely worth considering. Your GP will have a central role in your care, and is responsible for making referrals to the other health professionals you will need on board for the best possible support. If you have type 2 diabetes or if you are at risk of getting type 2 diabetes, this is very important.

Your GP can refer you to all or any of the following healthcare providers:

ENDOCRINOLOGIST

An endocrinologist is a medical specialist who can offer expert advice on the complications of diabetes or complex management needs.

PHARMACIST

If you are already taking medications to manage your blood glucose levels, or you need to start taking them, a pharmacist is important to help you understand the medications and how you can manage them – especially if you are taking a few different ones. Your GP may ask a pharmacist to take you through a home or in-pharmacy medication review.

DIETITIAN

An accredited practicing dietitian (APD) with expertise in diabetes management can work with you to develop a personalised eating plan, or to adapt *The CSIRO Low-Carb Diabetes Diet & Lifestyle Solution* to suit your needs, including cooking for a family or adjusting serving sizes. Your GP can refer you to a dietitian, or you can find one in your area online at daa.asn.au/find-an-apd.

CREDENTIALLED DIABETES EDUCATOR

The role of a credentialled diabetes educator (CDE) is to help you understand the broad area of diabetes management and complications, and how to adopt the recommendations provided by others in your team in a systematic way that suits you and your environment (at home, at work, and socially). Again, your GP can refer you to a credentialled diabetes educator. To find out more, visit adea.com.au.





Speak with your GP if you have any concerns or want to learn more about living with type 2 diabetes. You can also ask your GP to refer you to any members of your broader healthcare team for additional support.

PSYCHOLOGIST OR PSYCHIATRIST

We understand being diagnosed with diabetes can be overwhelming. A psychologist or psychiatrist can help you cope with a diabetes diagnosis and work through any stresses you may experience when managing your blood glucose levels, or as you start to create your life with diabetes. Seeking support is important to help you maintain good health and quality of life. Again, your GP can refer you to someone for support, or you can visit online to find someone in your area: psychology.org.au/Find-a-Psychologist

PODIATRIST

The role of a podiatrist is to check your feet for circulation issues, as foot ulcers are a common complication of poor glucose management in people with diabetes. To find a podiatrist in your local area, or to find out more, visit podiatry.org.au ■

EXERCISE PHYSIOLOGIST

An accredited exercise physiologist (AEP) can help you tailor *The CSIRO Low-Carb Diabetes Diet & Lifestyle Solution* exercise plan – or develop an alternative exercise program – to suit your lifestyle and needs, and to help with any injuries or ailments. Your GP can refer you to an exercise physiologist for an individual or group exercise program.

To find out more, visit www.essa.org.au/find-aep

Before

“I tried to do the right thing, but nothing worked”



Jess Storey was diagnosed with type 2 when she was 21 but, after almost a decade of struggling with HbA1c levels, she was re-diagnosed with LADA

“When I was 21, I’d been suffering from recurring boils for a few months. I’d have up to 10 at any time on my arms, belly, back, bum... everywhere. I was on every antibiotic, medical body wash, pain killers, anything they could think of, but nothing seemed to get rid of them. Eventually, my doctor suggested I should get tested for diabetes as the boils could be an indication of high BGLs. So off I went to get the glucose test...

“I don’t really remember what happened after that, all I remember is sitting in the medical centre - for what felt like forever - getting my blood taken, drinking

this horrible green drink and being told I had type 2.

“I hated my diagnosis. I was young and was out partying and drinking with friends – I didn’t want to worry about taking a tablet every day and changing what I ate and drank. So I ignored it for a little while.

“She’s passed now, but my grandma had type 2 and ended up on insulin later in her life. She was really supportive and would tell me about diabetes and give me tips. The first thing she ever said to me was ‘make sure you wear shoes everywhere. Protect your feet!’ And that’s something that’s stuck in my mind this whole time – despite initially ignoring it.

“After hearing her stories and as I got older, I started to realise the complications associated, and I really didn’t want that to be me. So I pulled my head in and learnt I needed to do what I could, to stay healthy so I’m around for a long time. I started taking my medication like clockwork, and actually attended my monthly check ups and blood tests. I also began to eat a healthier diet and I was quite active – I played soccer both in and outside of school from childhood right up until just a few years ago – but I

always felt like it was never enough.

I was so disheartened as I was doing the right thing but my HbA1c levels – ranging from 6.7-9 per cent [recommended HbA1c is below 6.5 per cent] – just didn’t match that.

THE ANSWER

“In March 2019, almost a decade later, I was attending my regular check up with my diabetes educator, and they started to question my HbA1c levels. They had always been happy with my control, but something clearly wasn’t right. That was the moment she suggested LADA (Latent Autoimmune Diabetes in Adults or type 1.5).

“Both type 1 and type 2 run in my family so it was never really a surprise, but I thought you could only get type 1 as a child, and I certainly had never heard of type 1.5. Although, it was a bit of relief to have a reason as to why my HbA1c’s weren’t always the best.

“My diabetes educator made sure I did the first insulin injection in front of her. She knew my fear of needles and knew I probably wouldn’t have done that first one at home by myself. But we quickly realised one long-acting injection at dinner wasn’t covering my food intake, so I had to start injecting at breakfast, and lunch too.



Jess with her grandma, Charmayne Lobenwein

“When this increased, so did the finger pricks and carb counting... That’s when it really hit me and I had days where I truly struggled. I really didn’t want to inject myself for the rest of my life, I hated all the thinking I had to do, being constantly switched on, and no matter how hard I tried, some days it just wasn’t good enough.

“I’ve always had quite a balanced diet, but when I had to start calculating everything I became really strict with myself and I cut out *a lot* of things because I didn’t want to eat more carbs and inject more insulin. So instead I would try not to eat or I would just eat healthier carbs. I became so focused on numbers.

“A few months later, my dietitian said ‘you need to stop stressing so much and enjoy a slice of pizza or a treat here and there, otherwise you’re going to break down or end up with an eating disorder’. This was right before a holiday to Bali, so I thought this was the perfect chance to relax and enjoy something I hadn’t eaten in a while.

“But it was a learning curve. I really struggled with trying to do the right thing. I work at a high school in Bunbury, and one of my colleagues is the school nurse, a diabetes educator and has been a type 1 diabetic for 47 years; and she would say ‘that’s just how it is sometimes. It’s okay if you have a once off reading where you’re a bit high’. Her support really put me at ease and I learnt that I’m doing the best I can and sometimes that’s all you can do with diabetes. No two days are ever going to be the same, no matter what.

MORE CONTROL

“While I’ve only been on insulin for just under two years, and with the help of the Dexcom G5 CGM, I feel

more in control and empowered with managing my disease. Today, I use both short- and long-acting insulin, I’m still as active as I can be with pilates and taking my dog, Delta, out for a walk or to the beach. My friends and family have also been really supportive and always do a lot of research to find healthy things I can eat – and I often cook from *Diabetic Living* – and now my HbA1c is *so* much better!

“I think, considering my fear of needles, I have adapted well to my new life with type 1 – funnily, the needles are the easy part now! I had to learn that I don’t have a choice with the needles; if I want to be healthy I need to do it. My family and friends have also encouraged me to inject when I need to in front of them, rather than going to the toilet when we’re out.

“I’m still struggling with calculating the ratios between carbs and insulin.

“**I try to remember I’m only human and I’m doing the best I can.**”



Jess with her dog, Delta

After



I just can’t get my head around the fact that I could have the same thing for breakfast every day for the week but I’d have to inject a different amount and my levels would still be different after 2 hours. But with the support of friends, family, and learning from a lot of different sources (including lots of Facebook groups) I do feel like I’m in a really good place with my diabetes.

“When I was first diagnosed with type 2 in 2010, I really didn’t question the diagnosis; but knowing what I know now I would definitely question this and would want to know as much information as possible.” ■



After

“Being asked ‘has someone spoken to you about your diabetes?’ by a doctor as I was lying in a hospital bed was certainly a shock considering I didn’t know I *had* diabetes, but at the time, I was far more concerned about the stroke I’d just had.

“The day before, I’d woken up with a terrible headache and when my husband Benn came into the room to say goodbye before he headed off to work, I didn’t respond – I couldn’t respond. I could hear everything he was saying but I just couldn’t talk. I’d also dropped something on the floor and while I was convinced I’d picked it up, I hadn’t. It was the scariest moment of my life.

“The night before I’d started getting some numbness in the fingers on my right hand, but I hadn’t really thought anything of it. I’d been lying on the couch watching television so I just assumed I’d been lying in a funny position.

“Benn’s grandma had suffered a few strokes and, being in the army, he’s also well trained in first aid so even though I didn’t have any other stroke symptoms and I could still



Before

Robyn (left)
in hospital with
daughter Jessica,
after her stroke

“Diabetes hasn’t ruined me, it’s saved me”

walk, he knew what had happened.

“When I got to the hospital, an MRI confirmed it. All I could think of was Benn’s grandma. Was this going to be my life now?”

The road to recovery

“It took me a week in hospital to get my sentences back together but I couldn’t be discharged until I’d learned how to inject myself with insulin, anyway. As part of my recovery from the stroke, I needed to be able to eat a wide variety of foods, so instead of worrying about my diet, using insulin as well as taking metformin was the best way to manage my diabetes to start with.

“At the time I didn’t know much at all about type 2 diabetes. Looking back now, I had been drinking lots of water and given I wasn’t doing any exercise and had been having a few drinks at night, most nights, as a coping strategy for the low mood I’d been living with for a few years, it wouldn’t surprise me if I wasn’t as healthy as I could have been.

“The first thing I did when I was well enough to get out of my hospital bed was walk down to the hospital store and buy a copy of *Diabetic Living*. I wanted to learn everything I could about what I was living with.

“A few weeks later I was discharged and for a while my speech was still slightly slurred from the stroke, but physically

I was incredibly lucky – and I didn’t take it for granted.”

Some big changes

“I haven’t had a drink since the day of my stroke and exercise is my priority now. In between running my online toy business, I always make sure I do something active at least six days a week. The way I eat has completely changed, too. I’d never been big on chocolates or sweets, but my meals were mainly carbohydrate-heavy things like pasta. And I had no idea about portion sizes.

“I did a lot of research on my own, but eventually I also found a great diabetes educator and now my diet is completely different.

I eat small meals and snacks every two or three hours, I know how many carbohydrates to stick to each day and I make sure I have some protein with every meal. I created a Facebook page – Robyn’s Home Cooking Australia – in 2018 and I post the meals and recipes I make there. It’s been so interesting to see how much they’ve changed for the better since my stroke and learning that I have diabetes.

“I’ve lost 18kg and I feel happier and better in myself than I have for 10 or 15 years. Three months ago, I came off all of my diabetes medications and it’s going really well.

“As far as my doctors can tell, the fact that I had high cholesterol and high blood pressure is what contributed to my stroke. I’d been on medication for both for years but to be honest, because I wasn’t particularly interested in my health back then, I didn’t always take

those tablets. I didn’t understand the importance of taking them as prescribed.

“These days I always request a copy of every single blood test I have taken. As well as wanting to know what’s happening, I find it’s a great way to stay motivated to stick with the healthy changes I’ve made. I still take medication for my cholesterol, but I’ve been able to stop taking my blood pressure pills, which feels incredible.

“The way I look at it is diabetes hasn’t ruined me, it’s saved me. If it wasn’t for my diagnosis, I’d still be on that unhealthy path.

My life expectancy was being cut short but I’ve changed that timeline now. I’ve got another chance at life and I’m not going to mess it up.” ■



**I didn’t
know
I had
diabetes,
but I was
far more
concerned
about
the stroke
I’d just had.**

WORDS KAREN FITTALL; PHOTOGRAPHY SUPPLIED BY ROBYN GOULTER

Robyn Goulter discovered she had type 2 diabetes four months after her 45th birthday – and the day after she’d had a stroke. At the time, it was the least of her health concerns, but 10 months later it’s the reason she’s turned her health around



Pre-diagnosis
with daughter
Jessica, son-in-law
Aidan and
husband Benn

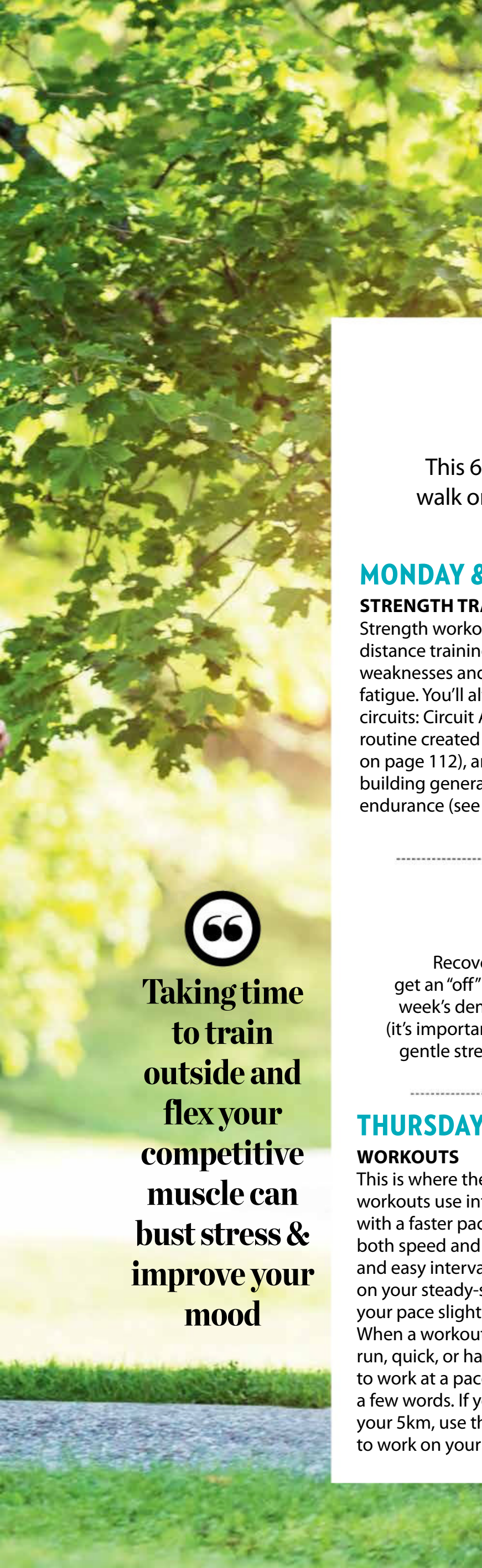
READY SET GO

If you'd like to challenge yourself, this 6-week training program will give you the endurance, strength, and confidence to get off the couch, away from the fridge and TV and into a 5km walk or run

The 5km is one of the most popular race distances. And it's easy to understand why. It's a challenging yet doable distance, even for those who don't consider themselves runners. Plus, 5km events are a great way to connect with your community, see new sights, and raise awareness for issues you're passionate about. That's why thousands of Aussies toe the line each year.

If you're not ready to take part in a public event, that's OK! Set your own end goal by choosing a date six weeks out and plotting a 5km route to do by yourself or with others. Create your own route or find one on MapMyRun.com/au





“
Taking time
to train
outside and
flex your
competitive
muscle can
bust stress &
improve your
mood

THE PLAN

This 6-week beginner training program will prepare you to walk or run a 5km race. Find the complete plan on page 115.

Here's how each week is broken down:

MONDAY & FRIDAY

STRENGTH TRAINING

Strength workouts are important for distance training because they shore up weaknesses and help your muscles avoid fatigue. You'll alternate between two circuits: Circuit A is an injury-prevention routine created for this program (find it on page 112), and Circuit B focuses on building general strength and muscle endurance (see page 114).

TUESDAY

STEADY-STATE WALKS

These days are for building overall aerobic fitness to help you go the distance. Aim to walk at an easy to moderate pace where you can still hold a conversation (in other words, save your speed for the workouts!).

WEDNESDAY & SOMETIMES SUNDAY

REST & RECOVERY

Recovery days are essential to becoming faster and stronger. While you get an "off" day, your muscles will be hard at work rebuilding and adapting to the week's demands. That doesn't necessarily mean you should avoid all movement (it's important for blood glucose management!); just take it easy. Try yoga, do some gentle stretching, enjoy a relaxed post-dinner walk – go about your normal day.

THURSDAY & SATURDAY

WORKOUTS

This is where the magic happens. These workouts use intervals to combine variety with a faster pace, to help you improve both speed and fitness. During walk, slow, and easy intervals, use the same pace as on your steady-state walk days. Pick up your pace slightly for moderate intervals. When a workout interval uses the words run, quick, or hard, challenge yourself: aim to work at a pace where you can only say a few words. If your goal is to walk during your 5km, use the run intervals as a chance to work on your walking speed.

SUNDAY (USUALLY)

CROSS TRAINING

This is another flexible day when you can choose how – and how long – you exercise. Use this as a self check-in; listen to your body and how you're feeling. Similar to Tuesdays, these days are for building overall fitness. Choosing another activity like biking, swimming, or hiking lets your running muscles rest while you work other parts of your body – this is called "active recovery."

CIRCUIT A

Strength Training for Injury Prevention

Each move in this circuit targets important running muscles. Repeat this sequence twice, taking 90 seconds of rest after each complete round.

Keep your front knee behind your toes as you lower down.



Strong legs protect and cushion your hips, knees, and ankles. This efficient move builds overall leg strength, endurance, and – because you focus on one leg at a time – stability.

SEESAW LUNGES

Stand with your feet together and your arms bent at a 90-degree angle (A). Shift your weight to your right foot. Take a big step forward with your left leg. Slowly bend your left knee to lower down to a point you can push up from, or until your left thigh is parallel to the floor (B). Pause; push through your left heel and step your left foot back to meet your right (A). Reverse the move: Take a big step backward with your left leg, bend your right knee, and slowly lower until your right thigh is parallel to the floor (C). Push through your left toes and step your left foot forward to meet your right again (A). This counts as 1 repetition. Continue lunging forward and back with your left leg. On the next round of the circuit, switch sides and lunge with your right leg.

BRIDGES

Lie on your back with your arms at your sides, knees bent, and feet flat on the floor. Tuck your ribs in and gently press your lower back into the mat to engage your abdominal muscles (A). Push through your heels to lift your buttocks and back off the mat until your hips, knees, and shoulders are in line (B). Hold for a few seconds, squeezing your abs, glutes, and the muscles in the backs of your legs. Slowly lower your back, then butt, back down to the mat. Repeat.

A fluid, long stride depends not only on strong glute (buttocks) muscles, but also on mobile hips. Bridges help with both – strengthening your glutes and hamstrings while gently stretching your hips.

Make it harder



Try Marching Bridge: Once your hips are in the air, lift one foot off the ground, then the other, keeping your hips lifted and stable. Lower, then repeat.

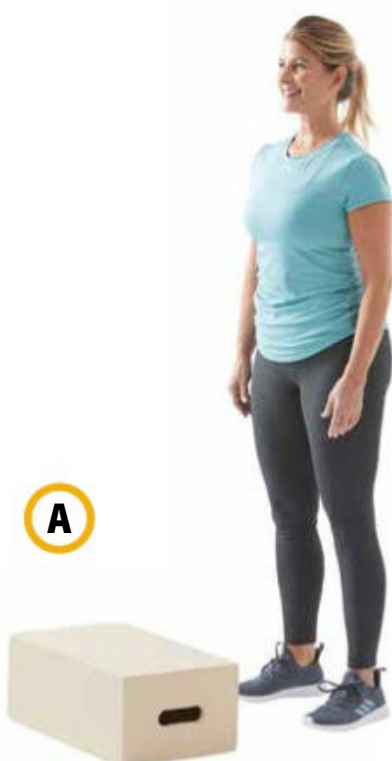


SQUAT THRUSTS

Stand with your feet slightly wider than hip-width apart in front of a sturdy step, block, or chair (A). Tuck your ribs in and tilt your pelvis up slightly to protect your back. Keep this engagement as you send your buttocks back and bend your knees to lower into a squat. Place your hands on the block, close enough that you can comfortably keep your feet flat on the floor (B). Shift your weight to your hands and step

your feet back (C) so you end in a plank with your legs fully extended (D). Check your form: Stack your shoulders above your wrists and squeeze the muscles in your arms, core, and legs so your body is in a straight line from your head to your toes. Hold here for a few seconds. Step your feet back to your hands and return to your squat with feet flat on the floor (B). Push through your legs to stand up (A). Repeat.

Strong core muscles – abs, back, hips, and glutes – are the foundation of an injury-free body. Squat thrusts train all four muscle groups to work together to keep your torso steady and upright for a balanced, stable stride.



A



B



C



D

MODIFIED BICYCLES

Lie on your back with your hands under your lower back for support. Lift your legs and bend your knees and hips at a 90-degree angle, so your knees are above your hips, and your shins are parallel to the floor (A). Fully engage your core: press your lower back down into your hands and pull your belly button toward your spine. Keep this engagement as you extend your right leg and slowly lower your right heel to the floor (B). Pause, then bring your right leg back up to meet the left (A). Repeat on the other side: extend your left leg and slowly lower your left heel to the floor, then return it to meet the right (A). This counts as 1 repetition. Continue, alternating legs.

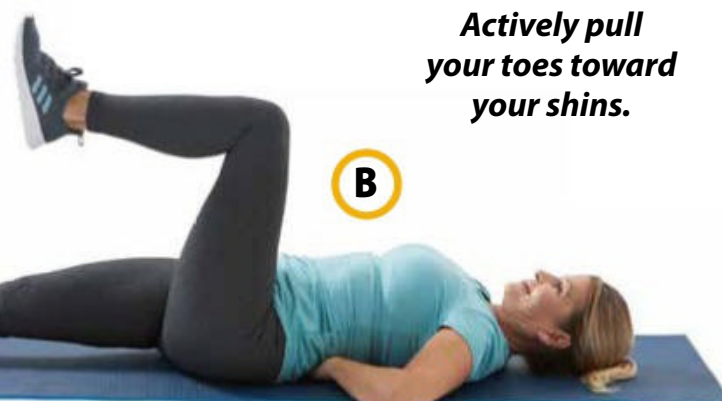
Your abdominal muscles support your entire body. This move targets the deepest ab muscle (the transverse abdominis), which wraps around your midsection from front to back like a corset, stabilising your spine and pelvis when you walk or run.

Make it harder

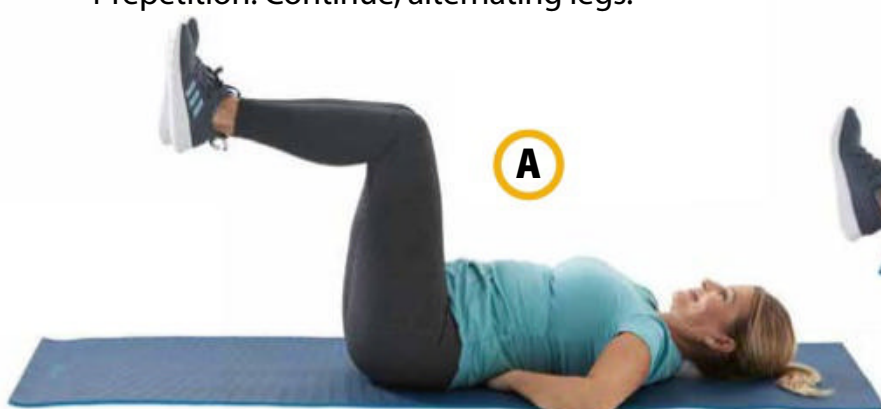
Straighten your moving leg at a 45-degree angle and hold for a few seconds.



Actively pull your toes toward your shins.



B



A

CIRCUIT B

Whole-Body Strength Training

Improve your overall fitness and strengthen major muscle groups with this 15-minute interval workout; combining heart-pumping and strength-building moves for a total-body workout.

HIPS & THIGHS
▼

INTERVAL 1

STAIR STEPPING

Stand in front of a step (or stairs) with your feet flat on the floor (A). Step up with your right foot (B), then step your left foot up to meet it (C). Pause here, then step back down, first with your right foot, followed by your left. Continue, alternating which foot you lead with. Keep your chest up and your torso tall, using your thighs and glutes to raise you up.

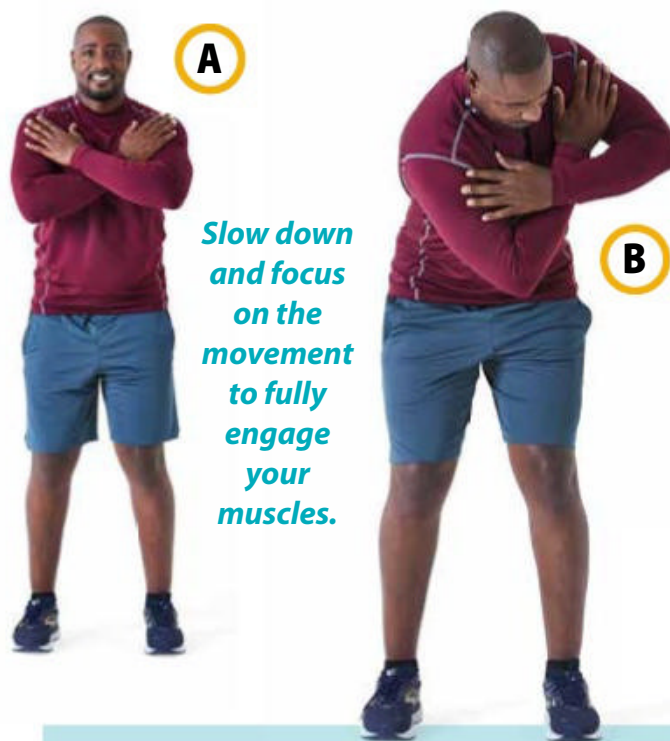


ABS & BACK
▼

INTERVAL 2

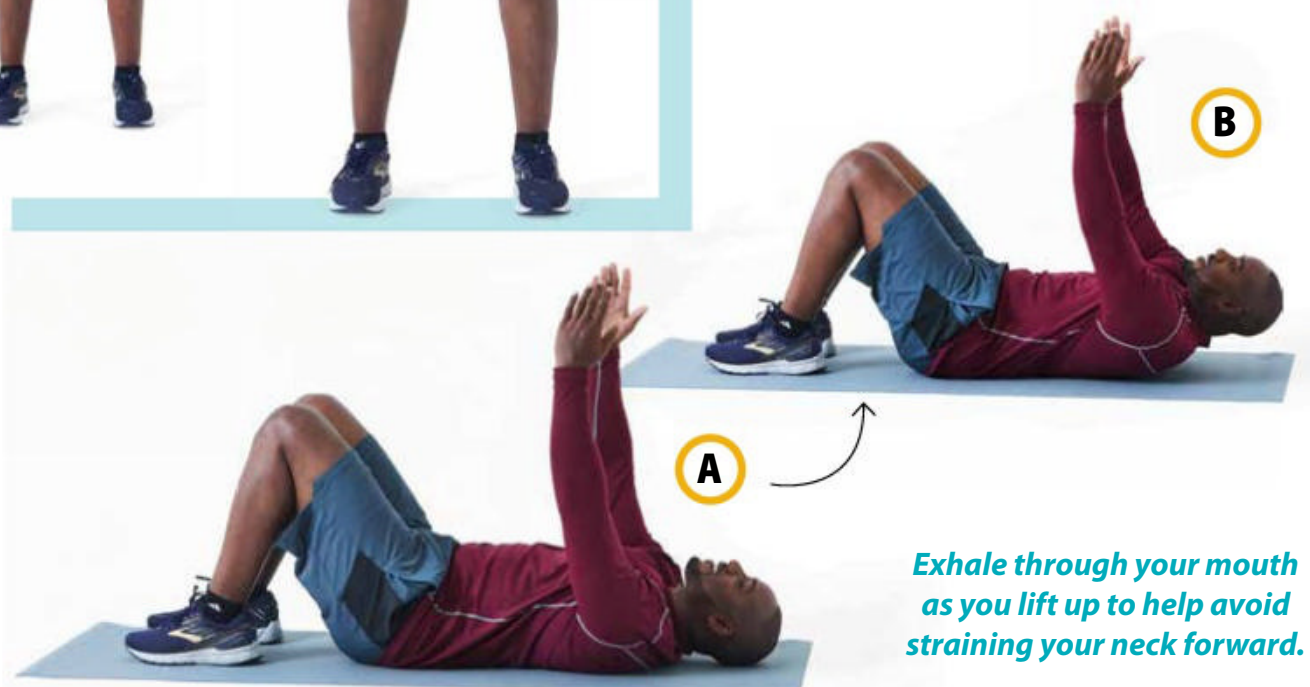
STANDING TWISTS

Stand tall with your knees soft and feet hip-width apart. Place your hands on opposite shoulders or elbows (A). Pull your belly button towards your spine and tuck your ribs in. Keep your shoulders back and down as you gently twist at the waist and bend forward to pull your right shoulder down towards your left hip (B). Pause, then lift back up to standing. Continue, alternating sides.



ABDOMINAL CRUNCHES

Lie on your back with your knees bent, feet flat on the floor and arms extended towards the ceiling (A). Relax your shoulders and gaze towards the ceiling as you use your abs to lift your shoulder blades off the floor, arms and chest reaching straight up (B). Pause here, then slowly lower your shoulder blades and head back down to the floor (A). Pause briefly, then repeat.



Strength & Endurance



INTERVAL 3

LATERAL SHUFFLE WITH SQUAT

Stand tall with your feet hip-width apart, hands in front of your body for balance. Send your buttocks back to squat down slightly (A). Stay in this shallow squat as you take a wide step to the right (B). Step your left foot in so your feet are hip-width apart. Take a second step to the right with both feet, then lower down into a full squat by sending your buttocks back and down (C). Keep your knees behind your toes, and your chest up. Push through your heels to raise back up to a shallow squat. Repeat the entire sequence to the left. Continue, alternating sides.

Chest & Shoulders

INTERVAL 4

MODIFIED WALKOUTS

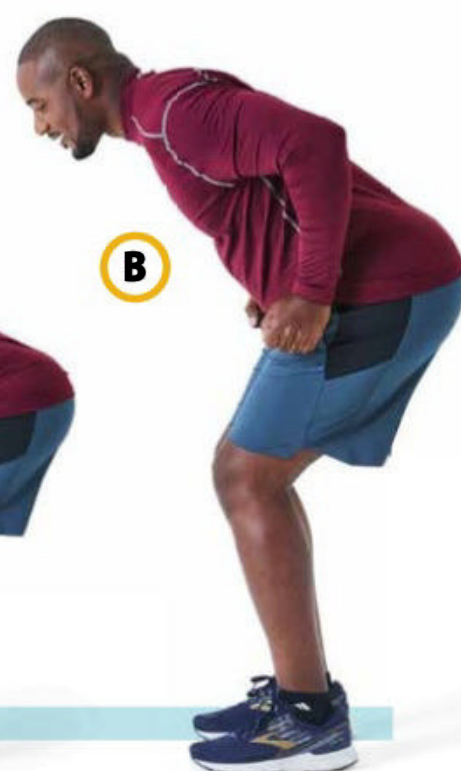
Start on all fours with your hands underneath your shoulders and your knees underneath your hips (A). Relax your shoulders away from your ears and pull your belly button towards your spine. Lift your right hand and place it about 15cm in front of its starting position (B). Repeat with your left hand (C). Hold for a couple of seconds, then walk your hands back to the start in the same order. Repeat, alternating which hand you start with.



STANDING ROW

Stand with your feet hip-width apart. Hinge at your hips to lean forward slightly, sending your buttocks behind you. Bend the knees and gaze forward. Extend your arms towards the floor, palms facing each other (A). Bend your elbows as you pull your arms up and back (B). Hug your elbows in as you lift, then pause and squeeze your shoulder blades together at the top. Slowly lower your arms back to the start. Repeat.

Engage your arms and back as if you're holding a heavy bag of groceries.



A

B

C

YOUR 6-WEEK 5K PLAN

Ready to get started? Read down the columns for your day-by-day plan. If you miss a day, don't sweat it, just keep going – it's consistency that matters. Over time, regular walking and running can decrease insulin resistance; lower HbA1c, blood pressure, and triglycerides; and help your heart work more efficiently.

YOU'VE GOT THIS!	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MONDAY	Strength Workout: Circuit A	Strength Workout: Circuit A	Strength Workout: Circuit A	Strength Workout: Circuit B	Strength Workout: Circuit B	Strength Workout: Circuit B
TUESDAY	Walk 20 min.	Walk 30 min.	Walk 30 min.	Walk 30 min.	Walk 30 min.	RACE PREP Run (or run/walk) 3.2km (800m moderate; 2.5km hard) Walk 800m.
WEDNESDAY	Rest & stretch	Rest & stretch	Rest & stretch	Rest & stretch	Rest & stretch	Rest & stretch
THURSDAY	Run 10 min. (5 min. easy, then 5 min. moderate)	Run 15 min. (5 min. slow, 5 min. moderate, 5 min. quick)	Run 20 min. (increase effort every 5 min.)	Walk 5 min. Alternate 20 min. (1 min. run & 1 min. walk) Walk 5 min.	Run 20 min. (increase effort every 5 min.)	Walk 5 min. Alternate 20 min. (1 min. run & 1 min. walk) Walk 5 min.
FRIDAY	Strength Workout: Circuit B	Strength Workout: Circuit B	Strength Workout: Circuit B	Strength Workout: Circuit A	Strength Workout: Circuit A	Strength Workout: Circuit A
SATURDAY	Walk 5 min. Alternate 10 min. (1 min. run & 1 min. walk) Walk 5 min.	Walk 5 min. Alternate 10 min. (1 min. run & 1 min. walk) Walk 5 min.	Walk 5 min. Alternate 20 min. (2 min. run & 1 min. walk) Walk 5 min.	Walk 5 min. Alternate 20 min. (2 min. run & 1 min. walk) Walk 5 min.	Walk 5 min. Alternate 35 min. (1 min. run & 1 min. walk) Walk 5 min.	RACE DAY!
SUNDAY	Rest & stretch	Cross-train: Bike or hike	Cross-train: Bike or hike	Cross-train: Bike or hike	Cross-train: Bike or hike	Rest & stretch

TRAINING PLAN CLIFF SCHERB; ROBERT POWELL; WORDS MICAELA YOUNG; PHOTOGRAPHY JACOB FOX; JASON DONNELLY; ADDITIONAL PHOTOGRAPHY GETTY IMAGES; MODEL (CIRCUIT B) CRAIG BENNETT

YOUR PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that P=3, N=15, and F=19. You can record each letter as you work it out in the letter checker at the bottom of the grid.

18	16	14	14	17	14		25	26	14	16	20	5	8		16	14	22	6	13	14
	6		12		22		4		12		4		4		14		25		6	
22	25	14	3		25	26	7	20	14		21	16	1	14	22		16	21	22	2
	17		14		5		22		20		8		6		14		21		20	
14	7	14	8	14	25		26	14	3	5	25	6	10		15	6	25	23	6	25
		2			14	1	4		8				5	19	25				22	
22	25	14	5	2	22		3	5	6	15	19	21	8		22	3	5	16	22	14
	26		16						19		16						22		5	
13	16	5	2	14	22		10	4	7	15	14	22	22		6	15	26	5	8	14
	14				6	8	8				11		25	4	20			22		
9	14	22	25	14	16		14	3	6	10	21	16	14		3	16	14	3	5	7
	22		4		4		5		13		14		23		5		8		13	
9	4	6	15		10	5	16	16	7		15	14	5	16	22		4	18	4	14
	20		6		10		14		8		10		16		22		3		16	
24	14	8	10	16	4		13	14	8	5	7	14	13		14	8	14	24	14	15

1	2	3 P	4	5	6	7	8	9	10	11	12	13
14	15 N	16	17	18	19 F	20	21	22	23	24	25	26

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

		9			2		7	
	5				7	1		
		1	6		3			
							6	
6	2				1			9
			3					
8	1		2		9			7
	9						5	
			4			2		

CHUNKY CROSSWORD

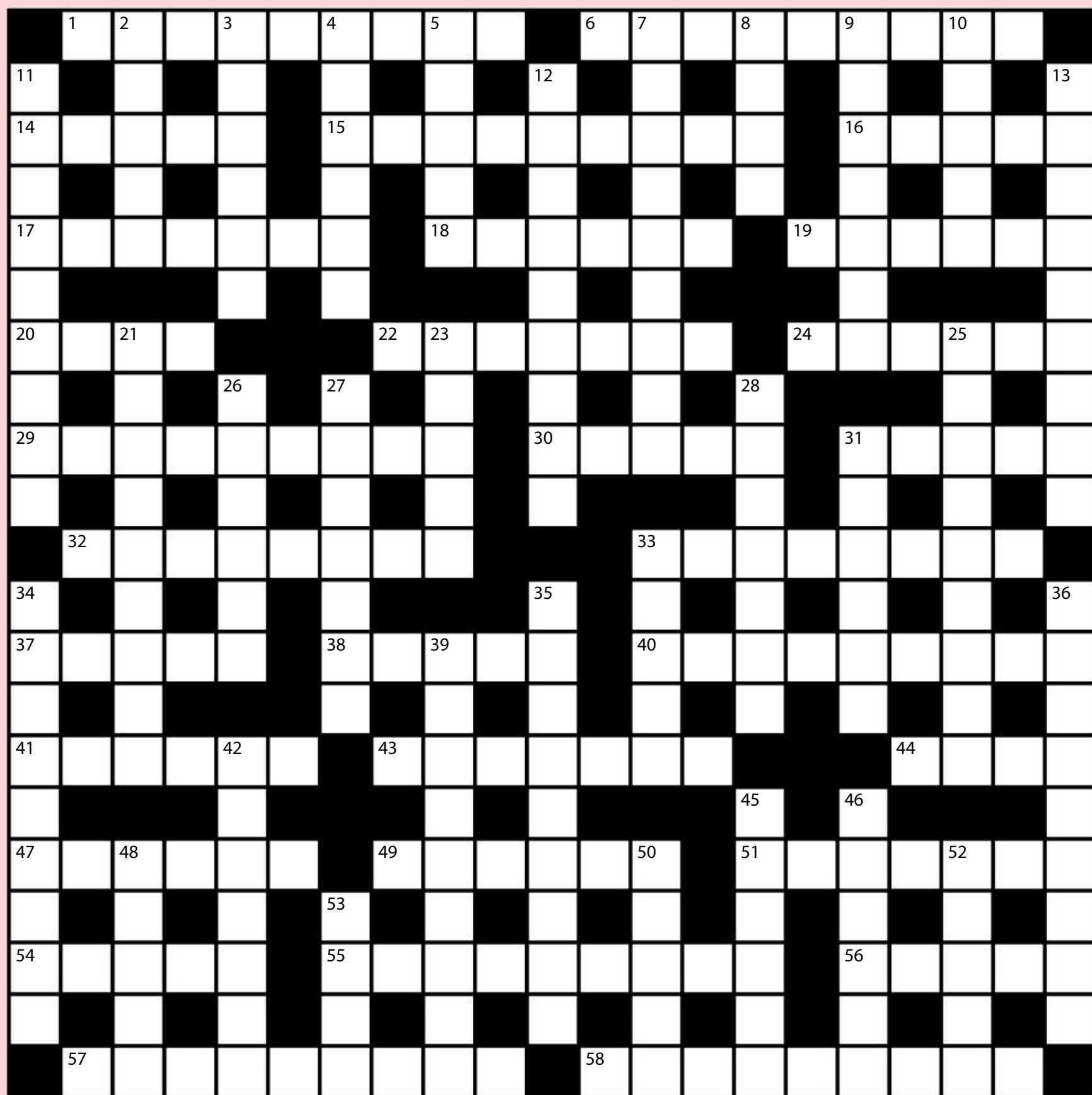
Sharpen your pencil and show what you know.

ACROSS

- 1 Temporary (9)
- 6 Cleanse of germs (9)
- 14 Allude to (5)
- 15 Lip hair (9)
- 16 At no time (5)
- 17 Court sitting (7)
- 18 Quick, speedy (6)
- 19 Poem division (6)
- 20 Roald --, author (4)
- 22 London district (7)
- 24 Italian shellfish dish (6)

- 29 Person who doesn't use tobacco products (9)
- 30 Of soundwaves (5)
- 31 Fight, melee (5)
- 32 Believing in one's inherent right to something, warranted or not (8)
- 33 Closet (8)
- 37 Indistinct (5)
- 38 -- Federer, tennis ace (5)
- 40 Lowest female singing voice (9)

- 41 Strewn rubbish (6)
- 43 Capital of Iraq (7)
- 44 Cambodia's continent (4)
- 47 Close at hand (6)
- 49 Come to an end (6)
- 51 Raw fish dish (7)
- 54 Vacillate (5)
- 55 Female leader of the family (9)
- 56 French goodbye (5)
- 57 Last queen of Egypt (9)
- 58 Prove, substantiate (9)



DOWN

- 2** Floating platforms (5)
3 -- Rowe, Australian pop star of the 60s (6)
4 Not subject to disease (6)
5 Proper words (5)
7 Beginning (9)
8 Chilled (4)
9 Zealot (7)
10 Witch's gathering (5)
11 Head of a republic (9)
12 Loyal, resolute (9)

- 13** Armoured mammal (9)
21 Bride's pre-wedding party (4,5)
23 Bitter (5)
25 Spaghetti toppers (9)
26 Kingdom, domain (6)
27 Play tricks, joke around (7)
28 Egg-shaped musical instrument (7)
31 -- Streisand, singer (6)
33 Modern-day witchcraft (5)
34 Rock or snow slide (9)

- 35** Pain of the joints (9)
36 Remarkable, outstanding (US dialect) (9)
39 2000 Russell Crowe film (9)
42 Naval blockade (7)
45 Breathing disorder (6)
46 Tel Aviv's country (6)
48 Blacksmith's iron block (5)
50 God of ancient Egypt (5)
52 Climbing plants (5)
53 Young Men's Christian Association (1,1,1,1)

Feel better in 5

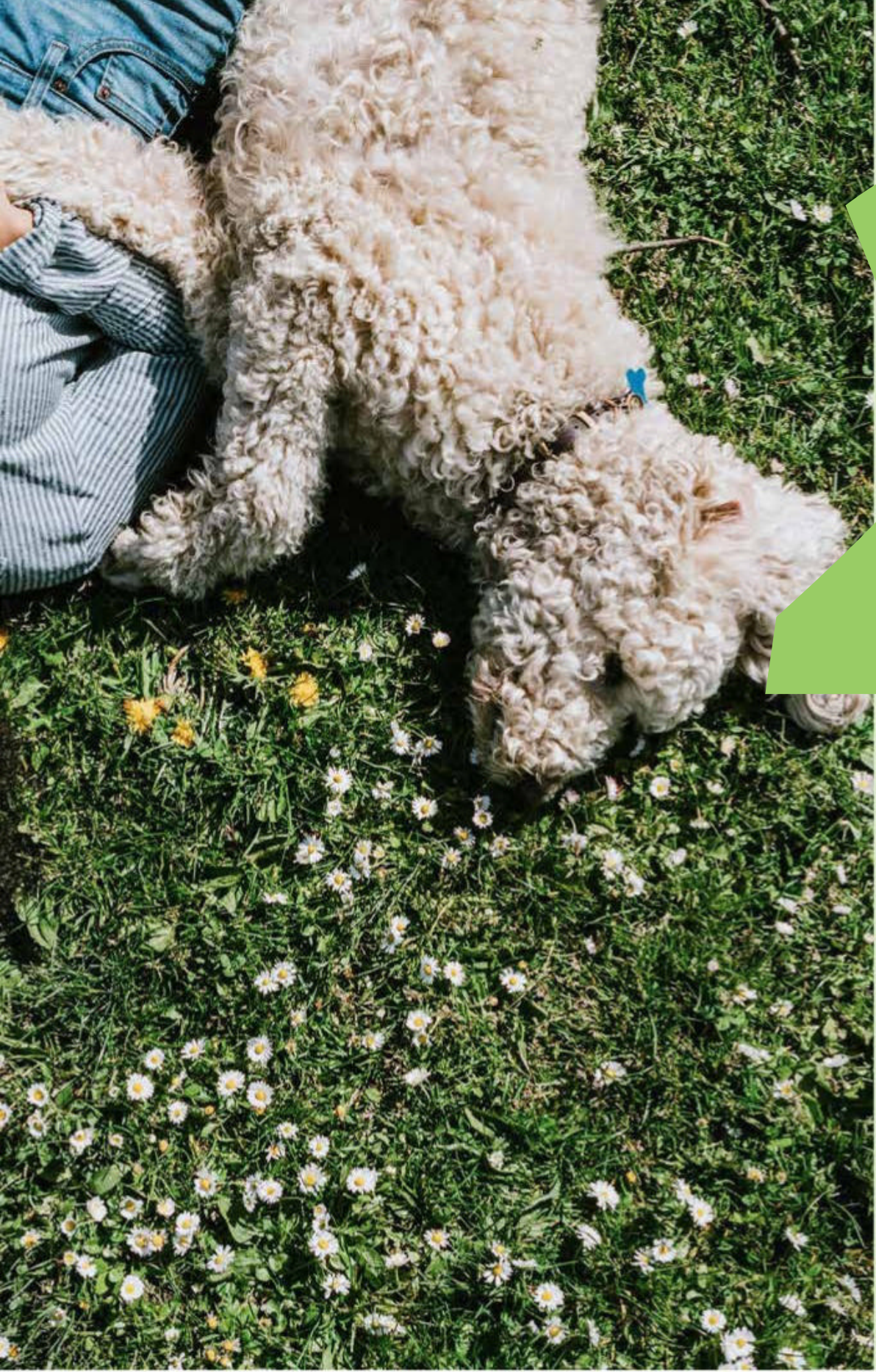
Big changes start with simple steps. Try these ideas to help improve your wellbeing

HAPPY DAYS

There has been an alarming rise in anxiety and depression, both in Australia and around the world, since the beginning of COVID. This has experts concerned. However, groundbreaking research from the University of South Australia confirms the act of smiling does in fact trick your mind into being more positive. Published in *Experimental Psychology*, the study's lead researcher, and human and artificial cognition expert UniSA's Dr Fernando Marmolejo-Ramos confirms that when you practise smiling it stimulates the emotional centre of the brain, known as the amygdala, which tricks your brain. "When your muscles say you're happy, you're more likely to see the world around you in a positive way," he says.

While a smile is not the ultimate cure, it helps to create a more positive environment and you never know who's day you'll make.





GROUND YOURSELF

There's no better feeling than feeling the sand between your toes or frolicking on the grass barefoot, and there's a reason behind it. This simple act takes you back to your childhood, to a time where you simply enjoyed being outdoors; but it also helps you to reconnect and centre yourself. This notion – known as 'grounding' or 'earthing' – exposes your bare skin to soil, grass, sand or concrete, and allows the Earth's negative ions to discharge any of the positive ions or free radicals (atoms that can cause damage your cells) you've picked up through everyday activities. Yes, that's right, the direct connection with Earth can help heal you.

Scientists and researchers have also found the benefits of grounding include improvement to cardiovascular health, lowered stress, anxiety, depression, pain and inflammation levels, and enhances sleep.

Immediately after exposing your feet to the ground, check your feet for any cuts or scrapes – visit your healthcare team to treat them immediately.

If you have any diabetic wounds on your feet prior to walking barefoot, think twice before exposing them, and ensure you get them treated.

PROTECT YOUR HEART

According to Heart Research Australia, the leading single cause of death in Australia is heart disease – killing one Aussie every 28 minutes. And for those living with diabetes, you are up to four times more likely to experience heart attacks and strokes. It has been found that diabetes has the ability to change the chemical makeup of certain substances

in the blood increasing the risk of heart disease due to narrowed or clogged blood vessels.

There are some simple things you can do to look after your heart, including regular physical activity, reducing high blood pressure, eating well nutritionally, not smoking, managing blood fats and losing weight (if overweight). But, the most important thing is to discuss with your doctor and/or credentialed diabetes educator what your individual risk factor is and how to reduce the risk.



DAILY DOSE OF VIT D

Not only does it play an important role in maintaining the health and strength of your teeth, bones and joints, but vitamin D also supports the immune system, strengthens muscles, decreases depression, and more! Before you step outside for a daily dose, be sure to slip, slop and slap!



NEW YEAR, NEW YOU

Remember to make them SMART (Specific, Measurable, Achievable, Relevant, and Time bound).

Once you've decided on your goals, write them out and place them somewhere visible for you to see daily (i.e. on the fridge or bathroom mirror). Also be sure to tell someone (your partner, trusted friend, or maybe someone who also wants to be held accountable) what your goals and time frame are, and ask them to keep you accountable. Remember to revisit your goals every few weeks and track your progress. Don't give up on them! Starting is the hardest part. ■

WORDS ELLIE GRIFFITHS; PHOTOGRAPHY GETTY IMAGES

E	14	N	15	Z	17	B	18	F	19	M	20	U	21	S	22	W	23	V	24	T	25	H	26
G	2	K	3	O	4	A	5	I	6	Y	7	L	8	J	9	C	10	Q	11	X	12	D	13

5	6	3	4	7	8	2	9	1
7	9	2	1	3	6	8	5	4
8	1	4	2	5	9	6	3	7
9	4	8	3	6	5	7	1	2
6	2	5	7	8	1	3	4	9
1	3	7	9	2	4	5	6	8
2	7	1	6	4	3	9	8	5
4	5	6	8	9	7	1	2	3
3	8	9	5	1	2	4	7	6

B	R	E	Z	E	T	H	E	R	M	A	L	R	E	S	I	D	E
I	X	T	P	A	S	H	Y	M	E	U	R	G	E	S	R	U	S
E	Y	E	L	E	T	H	E	P	A	T	I	C	N	I	T	W	I
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J	E	S	T	E	R	E	P	I	C	U	R	E	P	R	E	P	A
V	O	I	N	O		O		A	D	E	W	A	L	D	O	B	O
J	O	I	N	C	A	R	R	Y	N	E	A	R	S	O	B	O	E
M	I	C		C	E	L	C	R		R	S		S	P	R		N
V	E	L	C	R	O			D	E	L	A	Y	E	D			

Code cracker

საქართველოს სავაჭრო

BREAKFAST & TOPPERS

- 28 Banana & cinammon pancakes with blueberry compote ●●
- 74 Breakfast muffins ●●
- 74 Breakfast quesadillas ●●
- 30 Mushroom hash with poached eggs ●●●
- 29 Peach and orange yoghurt pots with ginger oats ●
- 73 Strawberry and passionfruit breakfast trifle ●
- 28 Strawberry green goddess smoothie ●●●

DRINKS

- 55 Strawberry limeade ●●●

LIGHT MEALS, SNACKS, SIDES & STARTERS

- 77 Avocado, pea and mint dip ●●●
- 77 Banana and peanut rice cake ●●
- 32 Bulgur & quinoa lunch bowls with avocado topping ●●
- 32 Bulgur & quinoa lunch bowls with beetroot topping ●
- 58 Chipotle gazpacho ●●
- 58 Garden salmon salad ●●
- 35 Grilled vegies with melting eggplants ●●

- 32 Pepper & lemon spaghetti with basil & pine nuts ●●
- 58 Smashed cannellini bean tartine ●●
- 77 Tropical berry smash ●●
- 34 Zucchini, leek & goat's cheese soup ●●●●
- 77 60-second lunch ●●

MAINS

- 44 Avocado pizza crisps ●
- 21 Avocado, roasted broccoli & sesame rice salad ●●
- 18 Barley & broad bean risotto ●
- 20 Blistered sweet potatoes with herby tuna ●
- 42 Cod puttanesca with spinach & spaghetti ●
- 45 Cumin-spiced haloumi with corn & tomato slaw ●●
- 39 Curried chickpea cake with tomato sambal ●●●
- 47 Egyptian zucchini with dukkah sprinkle ●●●
- 18 Fish & creamed corn
- 62 Jerk chicken with black bean salad
- 50 Marinated barbecued lamb ●●
- 60 Middle Eastern chicken and quinoa salad ●
- 55 Pesto vegetable skewers ●●●
- 50 Seafood salad ●●
- 38 Seared beef salad with capers & mint ●●

- 40 Smashed chicken with corn slaw ●●
- 62 Smokey sweet potato salad bowl ●
- 46 Spaghetti puttanesca with red beans & spinach ●●
- 62 Spicy Indian stir-fried prawns ●●
- 19 Steak, rocket and bean salad ●●
- 41 Steamed trout with mint & dill dressing ●●
- 44 Summer egg salad with basil & peas ●●●
- 38 Swedish meatballs with beetroot and apple salad ●●

DESSERTS

- 66 Banana matcha fro-yo ●●●
- 66 Blueberry basil ice cream pops ●●●
- 68 Caramel swirl ice cream sandwiches ●●
- 68 Coffee & hazelnut ice cream sandwiches ●●
- 71 Frozen peach lassi ●●●
- 68 Lime & mint ice cream sandwiches ●●
- 55 Quick and easy pav ●●
- 70 Vanilla ice cream with mango & berry coulis ●●●
- 68 Very berry ice cream sandwiches ●●

KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

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STEADY AS SHE GOES

Our resident type 1 columnist Rob Palmer reckons his seafaring grandfather was onto something when it came to life advice

As my Grandpa Theo Taylor used to say... "Robbie... Little changes make for little mistakes".

He was a sailor to the core, a regular competitor in the Sydney to Hobart yacht race as well as other extraordinary nautical challenges. His philosophy was to believe in a person's ability to guide their own destiny and he was an extremely proud grandfather. While the advice above was imparted to me as I manned the helm of my grandfather's yacht, *DESTINY*, he was also managing my navigation of various ships both on the water and off. The advice was something I have carried through life as a check on myself from time to time and I've even begun to use it as a guide for my own kids.

It may seem cautious but as you are navigating new skills and challenges it's kind of reassuring, as well as educational, to have tested the waters with your toe before diving in. Grandpa's advice seemed to always be a perfect fit. Whether it was a gradual elevation of the jump I was attempting to hit with my BMX, or the minor adjustments being made to my insulin dosage, little changes really did make for little mistakes. I suppose it's kind of like the old hare and tortoise scenario, though I reckon there's room for pundits to make the tortoise a bit more attractive. I was still guilty on plenty of occasions of playing the hare for the sake of speed and busting myself as a result. A broken arm and many trips to the hospital for stitches throughout my formative years will attest to that.



Well now it's a new year, and thank \$&# 2020 is behind us. It would be easy to over commit to the promised "New You" for 2021, but spare a thought for grandpa. There's no point reinventing yourself in two weeks of hard slog and starvation in order to temporarily succeed in an overblown NYE promise you made with 6 mates at 5 minutes to midnight. That sort of drastic elastic reform has got mega hypo written all over it. As a type 1 diabetic I have found that its easier and more effective to make tiny changes to both my body's movement schedule and insulin regime. It gives breathing space and assessment time to your mind and body as you adjust to the new status quo. This isn't an excuse to be lazy... far from it! If you are serious about the changes you are embarking on – and I, for one, *need* to make a few to my heavy-set 2020 frame – the results may just show up without you feeling like you are tipping the boat over. ■

MINIATURE MAGIC!

The Fairy Garden Kit In A Box is a beautifully packed, handpicked selection of fairy garden ornaments, natural treasures and premium preserved mosses.



WOODLAND CHARMS KIT, \$60



GARDENING GNOME KIT, \$60



FAIRY FOREST KIT, \$60



WE BELIEVE KIT, \$60

SHOP NOW*



WANDERING WIZARD KIT, \$60

Each box is tied with hemp twine and a tendril of leafy ribbon and topped with an adorable tag. It's perfect for gifting!





It's not a crime for him to track her location.

**But it should be. You have the power to help
make Coercive Control illegal in Australia.**

This is not the man she fell in love with. He makes life hell for her. She tries not to upset him and does what he wants, just because it's easier. She's scared he'll take it out on the kids or the dog or her if she makes him angry. He tracks her movements and over time he's cut her off from her friends and family. He questions her every move. No matter which way you look at it, he's in control which means

there's no safe way for her to leave the relationship. Coercive Control is a common form of domestic abuse but there is currently no law against it. If we change the law, we can change the lives of thousands of Australian women who are terrified and at risk in their own homes – from someone they love. **If you or someone you know is affected by abuse, call 1800 RESPECT on 1800 737 732.**

CRIMINALISE
COERCIVE
CONTROL

Women's Weekly marie claire Woman's Day New Idea
Better Homes and Gardens diabetic familycircle Who now



To sign the petition, visit
coercivecontrol.com.au



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